# new Bernal Journal

October/November '94 Serving the Bernal Heights Neighborhood of San Francisco Volume 31 • Number 6• Free!


*Neighbors in Action*

## Crosstown Tunnel EIR delayed, citizens fight to solidify gains

### Battle over certification averted

**By Jeff Marmer, Committee Against the Crosstown Tunnel**

Finally, progress is being made in the fight to stop the City from building a huge Crosstown Tunnel. The tunnel would carry over three-quarters of the City's sewage and dump it in the ocean—with its 30 feet wide vent spewing odors and toxic air emissions atop Bernal Hill, at a cost of a quarter to half a billion dollars.

The Department of Public Works (DPW) and the Planning Department had hoped to have their Environmental Impact Report (EIR) wrapped up and to the supervisors for final approval and certification in early November. However, they ran into a mountain of citizen opposition that, at a minimum has delayed that timeline and possibly created the political space for the city to move in the right direction.

Winning two hard-fought extensions, the public bought another month to comment on this seriously flawed EIR. Trent Orr, a Bernal resident and expert in the California Environmental Quality Act, submitted a 20 page legal brief; testimony from the Monterey Marine Sanctuary expressing concerns about the impact of an additional 85 - 400 million gallon a day of undertreated sewage; and a 20 page critique from Clean Water Action documenting the the tunnel's possible use for agricultural wastewater disposal as well as many other insufficiencies on the effects on water quality and marine life. Bernal residents Beth Abrams and Cal Broomhead also submitted a voluminous survey of viable wastewater solutions being successfully used in other cities.

Presented with this immense stack of public comments, the DPW says it will take up to six months for them to finish their "Response to Comments" document.

A lobbying campaign succeeded in building a majority on the Board of Supervisors, with seven supes clearly saying that the Crosstown Tunnel is a bad idea, or at a minimum, they want to see the full range of alternatives and impacts reviewed.

In recognition of this opposition, the DPW says, "We don't plan to proceed towards certification in the near future...we can count votes and it's clear we don't have them." The DPW also indicated a willingness to undertake a "reasonable" study of alternatives.

The City's CAO, Rudy Nothenberg, stated his dismay that this EIR never mentioned the potential use of the Crosstown Tunnel for ocean disposal of agricultural wastewater—that he didn't learn of it until he read about it in a newspaper. He has since asked the Board of Supervisors to sponsor a resolution stating that the city is against this idea.

*- Continued on page 17...*

## Get ready for another exciting Bernal party on October 22!

*See pages 8 & 9*

Photo by Bruce Aichler

*Bernal Women Artist Group members Tama Blough, Melinda Lightfoot, Beverly Carey-Koenig and Diana Corbin welcome neighbors to see their creative works during Open Studios in Bernal Heights, October 15 & 16.*

*Artist on the Hill*

## Bernal artists invite you to Open Studios '94

**By Beverly Carey-Koenig with Scott Horton**

Artspan's 1994 San Francisco Open Studios Open Studios, now in its 19th year, will take place in different neighborhoods throughout the city on four consecutive weekends this October.

For these four weekends only, the general public is invited behind the scenes into professional artists' private studios and homes to view and buy artwork where it is created. Over 700 artists will be featured, making it San Francisco's largest annual citywide visual arts event.

Artists living and working in Bernal Heights will welcome the

*Continued on page 14*

## Community responds to vicious attack on Bernal Hill

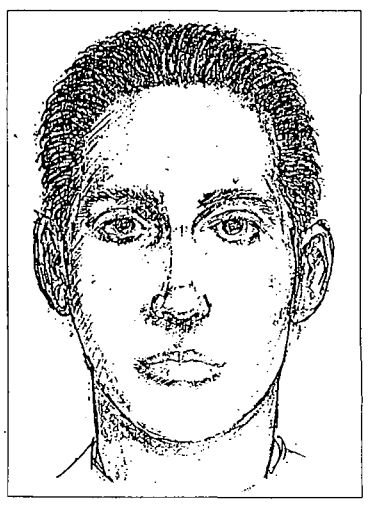
**By Joy Ferguson, GMC Coordinator**

In late August, Bernal Heights was shaken by the news of an attack on the Esmeralda Stairway near the Bernal Hilltop. A woman was stabbed repeatedly while going for a walk on Friday, August, 19th at 4:30 p.m. by a young man who has not yet been identified.

The woman, who does not want to be identified for fear of retribution, said that she was asked for money. When she told the man that she didn't have any, he then demanded sex. Upon her refusal, the man became angry and produced a knife, which the woman tried to grab from his hand.

The victim was stabbed several times, but fortunately survived the vicious attack. The suspect is described as a Hispanic male, about 16 years old, 5 feet, 2 inches, medium build, with black hair combed straight back and possibly a mole or blemish over the left eye.

As of late September, the Ingleside Station reported that the assailant had not yet been apprehended. The police has received several helpful tips; however, none of them have helped to locate the suspect. Anyone with more information about the attack is urged to call Officer Thomas Horan at 553-1201 or the Ingleside Police Station, 553-1602, and refer to case #941129656. Anonymous tips are welcome.



*SFPD artist sketch of a young man suspected of viciously stabbing a woman jogger on Bernal Hilltop.*

Following up on the N.W. Bernal Block Club Special Meeting on August 23, the Bernal Heights Neighborhood Center held a Community Safety Meeting. Over 30 neighbors came to talk with Police Captain Dower, Sergeant Leach, two other officers from the Ingleside Station and to also participate in a brief workshop by the Safety Awareness for Everyone program featured at the meeting. Concerned and worried neighbors wanted to know how to respond to the attack as individuals and as a community.

Captain Dower spoke of some of the ways that the police in our area have addressed and responded to concerns from neighbors in the

*Continued on page 4*

**Neighborhood Shopping Guide & Classifieds: Pages10&11**

# new Bernal Journal

**515 Cortland Avenue, San Francisco, CA 94110 • (415) 206-2144**

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

**For Advertising Call: 206-2144**

Next Issue: December '94/January '95 Distribution Date: 12/3/94
Deadlines: Editorial/Submission: 11/11/94
Advertising Reservation: 11/18/94. Camera Ready Ads: 11/25/94
We reserve the right to edit for clarity or space.

*Circulation for this issue: 9,000*

***New Bernal Journal* Staff/Volunteers**

| | |
|---|---|
| **Editor** | Vicki Victoria |
| **Photos** | Helen Helfer, Vicki Victoria |
| **Art Production** | Victoria Graphics |
| **Distribution** | David Rogers & a cast of hundreds! |
| **Contributors** | Jeff Marmer, Helen Helfer,Dorothy Coakley Ed Roper, Jessica Murray, Joy Ferguson, Barbara Pitschel, Kathleen Dunphy, Demece Garepis |
| **Copy Assistance** | Ellen Egbert |


*Copyright 1994 by Bernal Heights Neighborhood Center*

**Member of the S.F. Neighborhood Newspaper Association.**

*Call 206-2144 for information about advertising discounts in 12 neighborhood newspapers in San Francisco.*

*On September 17, over one thousand people joined in the procession from St. Anthony Parish to Precita Park, in celebration of the merge between Immaculate Conception and St. Anthony's.*

## Bernal Wish List

The **Bernal Fiesta Youth and Family October Art Workshops** need the following supplies. Donations can be brought to the Neighborhood Center at 515 Cortland Avenue. For more information, call Greg Gavin, Fiesta Arts Coordinator, 824-9604.

- Tempera or acrylic paints
- Paint brushes
- White Glue
- Colored paper, shredded paper
- Cardboard rolls/cores from paper towels or toilet paper and mailing or 12' carpet tubes.
- Large pieces of white or light colored fabrics

Please call before bringing in the following items to ensure that they are the appropriate dimensions for the workshop:

- Plywood
- Plant cuttings, branches

**Fiesta Children's Activities Wish List**

- Sponsor for 1000 baby pumpkins
- Paint brushes, • Drop cloths
- Bright acrylic and water based paints
- Soap detergent for bubble making
- Quart and half gallon sized plastic bottles for terrariums
- Felt markers - all colors
- Bright crepe paper for decorating booths

All donations can be brought to the Neighborhood Center at 515 Cortland Avenue or call Demece Garepis at 206-2140.

# Two Bernal churches merge

## Immaculate Conception avoids closure by joining St. Anthony's Parish

**By Fr. Michael Weldon, OFM, St. Anthony Parish**

More than a thousand people took part in ceremonies and a huge outdoor mass on September 17 celebrating the merger of Immaculate Conception Parish to its neighbor, St. Anthony of Padua. Archbishop John R. Quinn with Fr. Michael Weldon, OFM, pastor of St. Anthony and Fr. Guglielmo Lauriola, OFM now former pastor of Immaculate Conception walked in procession to Precita Park. Representatives of many cultures filled the park as Archbishop Quinn blessed the union of these two Bernal Heights Catholic communities.

The events also commemorated the one hundredth anniversary of St. Anthony Elementary School and welcomed students and faculty from Immaculate Conception Elementary. These two schools have been an important part of life on Bernal Heights for nearly a century and are currently in a process of study for a future merger.

Because of the enormous size of the crowds, the mass had to be held outdoors to accommodate the several hundred people in attendance. Fr. Michael mentioned that the school yard had seen much in its one hundred years. "Many brothers and sisters have met each other in this place, sharing resources and laughter, giving comfort to each other, meeting spouses," he said. "We have been a center where immigrant people gathered to speak their own language, educate their children, serve the poor and care for the grieving."

Gratitude was also expressed for both the Italian and German communities of Bernal Heights, who helped establish the church and neighborhood decades ago. The Dominican Sisters of Mission San Jose, who have staffed both schools since they were opened, and who have always shared their tradition of Dominican "Veritas, that the truth that makes you free, that inquiry, study, a disciplined mind and generous heart could still change our world."

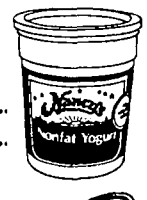
Together, the parishioners of both churches prayed for "Our future in Bernal Heights, now as a

*Continued on page 3...*


ON SALE
at The Good Life Grocery

**Dairy & Cheese**

Nancy's
Nonfat Yogurt
Quarts ..... ....$1.99
Pints ..... ..... 99¢
*-reg 2.49/1.39*



Brown Cow
Fat Free Yogurt ..... .... 69¢
*8 oz. -reg 89¢*

Stella
Gorgonzola ..... $3.99 lb.
*-reg 4.99*

Rouge et Noir
Breakfast Brie ..... $1.59
*3 oz. -reg 1.89*

Grated Blend ..... $4.89 lb.
*70% Romano 30% Argentina Reggianito*
*-reg 5.39 lb.*

*Sale Prices effective October3, - October 19, 1994*

**Fresh Sausage**

Aidell's
Fresh Chicken Apple ..... $4.29 lb.
*-reg 4.99 lb.*
Cooked Chicken
Lemon Tarragon ..... $5.79 lb.
*-reg 6.39 lb.*

**Super Special**

Calistoga
Spring Water 69¢
1.5 Liter -reg 99¢

**Cereal**

BreadShop
Puffs & Honey .. ..... $1.99
*12 oz. -reg 2.85*
Krinkle Grains ..... $1.99
*9.5 oz. -reg 2.85*

**We Accept**

ATM Cards
MasterCard & Visa
Cash & Checks
Food Stamps

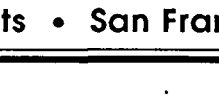
ATM

**Store Hours**

Monday - Saturday
9:00 am - 8:00 pm
Sundays
10:00 am - 6:00 pm

**Frozen Food**

Ken & Roberts
Veggie Pockets ..... $1.39
*all flavors*
*5 oz. -reg 1.85*



Natural Sea
Fish Fillets ..... $3.79
*8 oz. -reg 4.79*



**Bulk Foods**

Sunridge Farms
Oriental Trail Mix ..... $2.39 lb.
Chocolate Peanut
Caramel Clusters ..... $3.49 lb.
Dried Pineapples ..... $2.29 lb.

**Snack Foods**

American Grains
Rice Bites ..... 99¢
*5 oz. -reg 1.35*



Garden of Eatin'
Organic Red Hot Blues ..... $1.79
*10 oz. -reg 2.35*
Good Health
Fat Free Butterscotch
Popcorn ..... $1.59
*4 oz. -reg 1.85*

**Grocery**

Arrowhead Mills
Multi Grain Pancake Mix ..... $1.89
*32 oz. -reg 2.45*
Shady Maple
Maple Syrup
12 oz. ..... $4.29
8 oz. ..... $2.99
*Grade A -reg 5.79/3.99*

**Buy 1 - Get 1 Free**

Mendocino
Gourmet Pasta ..... 2 for $2.39
*Fettucini Cut Only*
*2.39 each*

Millinas Finest
Fat Free Organic
Pasta Sauce $2.59
*Chunky Garlic Basil - Smoked Garlic*
*32 oz. -reg 3.39*

**Fantastic Deals**

Fantastic Foods
Mandarin Chow Mein ..... $1.39
Tofu Burger Mix ..... $1.39
Tofu Scrambler ..... $1.29
Homestyle Soup Cups ..... 79¢

Free Parking Across the Street In our Very Own Parking Lot !

The GOOD LIFE GROCERY

448 Cortland Avenue • Bernal Heights • San Francisco • 94110

# Youth mural project beautifies Precita

*The new mural at 327 Precita depict's Joe Fradella's son, a fourth generation San Franciscan.*

Photo by Vicki Victoria

The last in a series of seven city-wide youth-directed mural projects is being completed at 327 Precita Avenue under the supervision of the Youth Arts Programs at Precita Eyes Mural Arts Center. Funded by a grant through the Neighborhood Beautification and Graffiti Clean Up Fund, the six feet by sixty feet mural features a portrait of son Joe Fradella, an honored Precita Valley neighbor. His son, a fourth generation San Franciscan, stands amongst colorful rainbows and clouds. Airbrush and spraycan mural art techniques were taught to the youth by mural artists Francisco Carrasco and Catalina Gonzales.

Precita Eyes Mural Arts Center sponsors Mission Mural Walks every Saturday at 1:30 p.m. Call the non-profit center at 285-2287 for more information.

## Churches Merge

**Continued from page 2**

unified Catholic parish, that we will continue to serve the people of the Hill with innovation, vision and loving joy."

*Fr. Guglielmo Lauriola, OFM, former pastor of Immaculate Conception, Archbishop John R. Quinn and Fr. Michael Weldon, OFM, pastor of St. Anthony of Padua Church celebrated mass outdoors in Precita Park, in order to accommodate the huge crowds who came to celebrate the churches' merger and St. Anthony School's 100th Anniversary.*


OVER 30 YEARS OF NEIGHBORHOOD EXPERIENCE

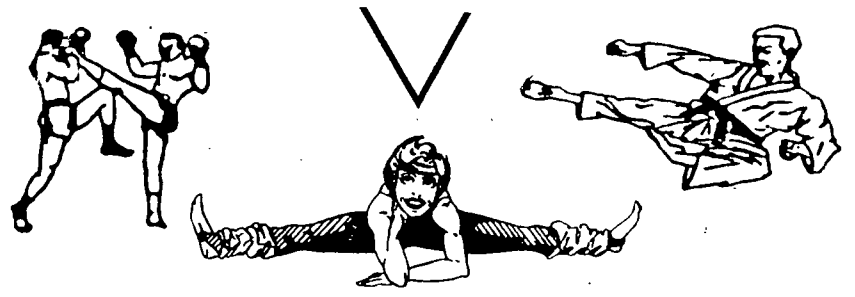
YOUR BERNAL HEIGHTS NEIGHBORHOOD GYM

PROVIDING AFFORDABLE, QUALITY SERVICES FOR ALL BUDGETS

NAVARRO'S

GYM

THAI BOXING • AEROBICS • KARATE



SAUNA • JACUZZI • SHOWERS • HEALTH BAR

NO CONTRACTS = NO PRESSURE!

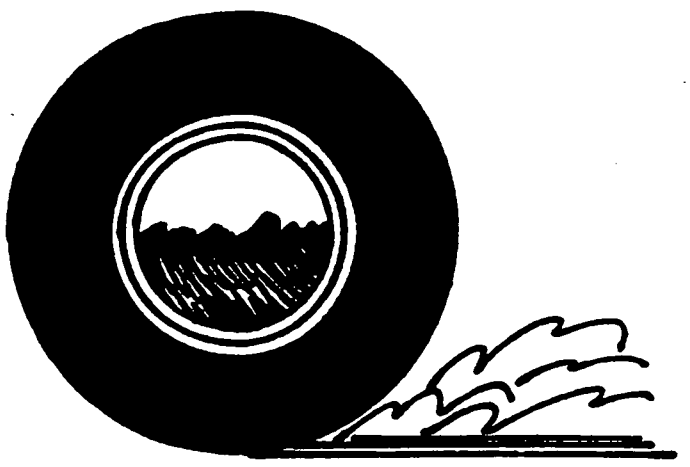
JOIN NOW!

(415) 550-1694

3470 MISSION STREET (OFF CORTLAND)

SAN FRANCISCO, CA 94110





ANTI-LOCK BRAKES GET A NICE BREAK AT FARMERS.

You may earn a discount with the Farmers Insurance Group of Companies when your car is equipped with a 4-wheel anti-lock braking system

Isn't it nice to know that the same system that may save your life may also save you money?

We offer many other discounts, too. To find out which one you may quality for, come in and ask for a *Farmers Friendly Review.* It updates all your insurance to make certain you're fully protected.

Give me a call today.

Clarence Castillo - Agent

(415) 495-7145

340 Townsend Street, Ste. 416, San Francisco, CA 94107-1607

FARMERS INSURANCE GROUP®

Symbol of Superior Service

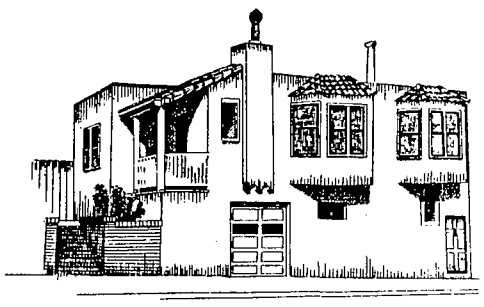
America can depend on Farmers



Your Home Is Your Biggest Asset

If you would like to keep track of your investment without any pressure to sell, call and ask to be added to my newsletter mailing list. You'll receive my one page investment review every three months plus an annual list of sold Bernal Properties.

I want to be your contact in real estate.



Bernal Heights Is My Business.
I know Bernal Heights!

Randall Kostick

661-0269

ZEPHYR
REAL ESTATE & INVESTMENTS
3841 24TH STREET
SAN FRANCISCO, CA 94114

# United Way for Bernal Heights

**The 1994-95 season for United Way and the Combined Federal Campaign has begun.**

Although the Bernal Heights Neighborhood Center is not a member of either group, you can designate your gift to us if you specify us on the Donor Option card.

***All you have to do is fill in: "Bernal Heights Neighborhood Center, IRS Tax ID #94-2536500" on your contributions card.***

Also, many private companies have a matching gift program and will match your charitable contribution. Please ask your employer if your company has such a program. Maybe you can double your contribution to the Neighborhood Center!

There are many worthwhile groups asking for help during these difficult economic times. Please remember your neighborhood and the services the Bernal Heights Neighborhood Center provides when making your contribution this fall.

**Support community service in Bernal Heights on your United Way Donor Option Card!**

☑ Bernal Heights Neighborhood Center
IRS Tax ID #94-2536500

*We appreciate your support!*

# Attack

**Cont'd. from page 1...**

area of the crime:

• More frequent police patrols, especially in poorly lit areas.

• Officers now have access to the key for the gate at the end of Bernal Heights Boulevard, in order to drive their patrol cars around the entire loop of the Hill.

• Officers on Honda motorcycles will patrol the area when they are able to.

Captain Dower's advice for what residents can do to help deter crime in the neighborhood include:

• Reporting crimes even if they seem minor or if you have no hope of the return of stolen properties. Statistics add up to more policing in your area. Call #553-0123, the non-emergency Ingleside station phone number, to file a report. For items stolen from your auto you may be able to file your report by mail, instead.

• Call the Department of Public Works' Street Lighting Division, Dee Lemmon, 554-0730, to report insufficient lighting on the Esmeralda stairway as well as other poorly lit stairways in the neighborhood. In order to increase lighting at the stairway, the department needs community representatives and input from residents who live in the area to develop a lighting plan.

• The Recreation and Park Department manages the Bernal Hilltop Park and has since trimmed shrubbery blocking the stairway. To report other overgrown areas that block visibility, call Rec and Park, Mike Morlin, 666-7094.

Regarding the beat officers, one resident asked, "Why don't I ever see Community Police on any of the dark side streets? I feel most uncomfortable walking there at night." Captain Dower responded, "Community Police, or what were once known as the beat officers, walk from one point to another staying to the areas with the most activity, where there are merchants, pedestrians, etc. such as Mission Street or Cortland Avenue. They are not going to be as effective on the side streets where there is little activity."

Suzanne Gautier from Safety Awareness for Everyone (SAFE) demonstrated ways to reduce vulnerability and increase safety at the meeting:

• Awareness: Look around, look at people — If you appear alert and looking, prospective criminals will know you could identify them.

• Assertiveness: Don't look or walk like a victim. Walk with confident, strong strides.

• Plan for safety: Carry only the valuables you need and keep them concealed. Plan walking routes on well-lit, well traveled streets and face traffic.

• Trust your instinct: When situations don't feel right for *whatever* reason, take action such as running or yelling. If a dangerous situation does arise, think about your safety and not your wallet. Seek escape routes from unwelcome confrontations — this can be anything from acting "crazy" or giving up your money in such a way as to allow you to run while the thief is reaching down to get it.

SAFE also recommends whistles and self-defense courses as other means for individuals to protect themselves. They strongly urge those who chose mace or pepper spray as a defense to also take a course on how to be sure that it doesn't get used against themselves. Brochures that outline other safety tips are now available at the Center.

A neighbor advised the group to beware of the bus stop at Crescent and Murray, where there have been several muggings. SAFE offered tips including trying to ride with a neighbor or getting off a stop earlier or later to avoid the trouble spot.

To further address safety issues, the Precita Valley Committee is currently working with the Neighborhood Watch Program in their area. For information about Neighborhood Watch or to schedule a group presentation by SAFE, call 553-1984.

Because the attacker was described as a 16 year old teenager, neighbors have come forward to emphasize the positive actions and activities of the majority of the youth in our neighborhood. On Tuesday, October 18th there will be a Children, Youth and Families Coalition meeting at 7:30 p.m. at the Neighborhood Center, where the committees for the coalition's various youth programs will meet. Call Clo Escudero 206-2152 to find out about some of the other committees, such as the Jobs Committee, to help to create opportunities for youth employment in our area.

**YOUR AD HERE!**
To Advertise, call 206-2144
Next issue: December '94/January '95

**SCANDIA BUILDERS**

*"anything else would be just wood and nails"*

**REMODELING**
Complete remodeling services to upgrade your kitchen, bathroom or entire home.

**ADDITIONS**
Designer on staff to plan an draw up a new garage, fourth bedroom or second story. Skilled carpenters and subcontractors to complete your project to the highest standards.

**SCANDIA BUILDERS**
A design/build team to manage your project form concept to completion.

(415) 282-5331

**Gentle, Convenient Care**

You'll like the personal attention and special concern for your comfort.

You'll appreciate our serving your immediate needs, while helping you prevent future problems.

You'll enjoy the convenience of two San Francisco locations.

**Sally McMullen**
L.Ac., D.N.B.A.O.
Cal. & Nat'l. Licensed Acupuncturist
Diplomate, Acupuncture Orthopedics
Cert. Industrial Disability Evaluator

**Classical Accupuncture**
**Chinese Medicinal Herbs**
**Massage Therapy**
Insurance & Workers' Comp.

All Injuries • Pain • Fatigue
Stress Reduction • Allergies
Carpal Tunnel Syn. • Arthritis
Difficult & Chronic Cases
Needle-Free MicroStimulation

**Downtown** 450 Sutter Street, Suite 1215
**Noe Valley** 120 27th Street
(415) 550-7732

**TECH-1 AUTOMOTIVE**

*POTRERO HILL'S FIRST FULL SERVICE GARAGE*

**OPEN 7 DAYS**
**TECHNICIANS ON DUTY!**

- FREE PICK-UP & DELIVERY
- FREE LOCAL TOWING
  *(DIAGNOSTIC FEE REQUIRED, WILL APPLY TO AUTHORIZED REPAIRS)*
- COMPLETE BRAKE SERVICE
- NEW WARRANTY MAINTENANCE SERVICE
- TIRE & WHEEL SERVICE
- COMPLETE COOLING SYSTEM SERVICE
- STRUT & SHOCK REPLACEMENT
- CLUTCH SERVICE
- TRANSMISSION SERVICE
- COMPLETE TUNE-UP SERVICE
- ELECTRONIC ENGINE CONTROL REPAIRS
- ELECTRICAL REPAIRS
- OIL CHANGE SERVICE
- COMPLETE DIAGNOSTICS CHECK-UP
- FREE BLUE BOOK VALUE INFORMATION
- EMERGENCY AUTO REPAIRS
- FLEET REPAIRS ALSO AVAILABLE

***SPECIALIZING IN FOREIGN AND DOMESTICS***

***CALL NOW FOR AN APPOINTMENT - ASK FOR ROBERT OR EDGAR***

**1460 ILLINOIS STREET**
*(AT 25TH STREET, OFF ARMY ST.)*
**550-8534 OR 550-8603**

VISA MasterCard ***VISA * MASTERCARD ACCEPTED!***

***"THE SERVICE SHOP YOU'VE BEEN LOOKING FOR"***

# Make an informed choice with a free nonpartisan voters guides

The League of Women Voters of San Francisco is again offering the public free copies of nonpartisan voters guides to the upcoming City elections. The four-page guide provides voters with a concise, easy-to-read explanation of each measure, including summaries of the arguments pro and con.

The *Voters Guide* will also be available in Spanish and Chinese translations.

Copies of the *Voters Guide* can be picked up at the Bernal Library at 500 Cortland Avenue and at many local college campuses, cultural centers, cafes and bookstores throughout the City.

Copies of the *Voters Guide* may be also obtained in any language by stopping by or sending a self-addressed, stamped envelope to the League office at 114 Sansome Street, Suite 513, San Francisco, CA 94104.

Copies of a state guide, *Pros & Cons*, which details the eleven state ballot measures, are also available.

The League of Women Voters is a nonpartisan organization dedicated to encouraging the informed and active participation of citizens in government. The *Voters Guide* is published with assistance from the League of Women Voters Education Fund.

***- By Ellen Israel***

# Take a Walk...Down Cortland

***By Kathleen Dunphy, Cortland Merchants Assoc.***

**Sidewalk Sale Bargains on October 22**

October proves to be a very exciting month on Cortland Avenue. The Merchants Association is planning another Sidewalk Sale on Saturday, October 22, the same day as the Bernal Heights Fiesta on the Hill. Take a walk down Cortland and pick up on bargains and taste new delights from our restaurants and cafes.

Photo by Vicki Victoria

*Dark Horse, on Cortland at Bocana, is the newest of the avenue's used item stores that features eclectic tastes.*

**Halloween Late Night Fun**

The Merchants Association is will sponsor a "Late Night on Cortland," on Monday, October 31, Halloween night. Come join us as we will be happy to see all the young ghosts and goblins.

**Merchants Welcome New Beat Officer**

The Merchants are pleased to welcome Officer Jerry Neitz, the new police officer on the beat. Jerry has been seen on bike and on foot covering his Bernal beat. He has also taken the time to meet most of the merchants on Cortland and has come to our monthly meeting along with Sergeant Leach to discuss safety.

**Autumn Values at Our Second Hand Shops**

This fall is a great time of year to take in the many values found at one of Cortland's used furniture stores. The newest is The Dark Horse, owned by Karin Roper and Todd Manely. They have some of the most eclectic groups of objects under one roof. Over at Rag and Bone, Goodwin continues to offer new treasures weekly. Los Road Runners has been a long time merchant on Cortland and Julia and Barbara will help you find almost anything you need. Twist is still around on the weekends, Paul's Gallery/Shop is visual art.

**Holiday Season Cheer**

In December, the merchants will be decorating their shops with Holiday Gala. Come and visit your local shops for all of your shopping and support Cortland.


XI'AN

Tomb Treasures from China:
The Buried Art of Ancient Xi'an

August 3–October 30, 1994

BASS TICKETS To charge tickets by phone call!
415/776-1999 or 510/762-BASS

ASIAN ART MUSEUM
OF SAN FRANCISCO
GOLDEN GATE PARK

SPONSORS: THE MUSEUM SOCIETY; THE WILLIAM K. BOWES, JR. FOUNDATION; CHARLES SCHWAB & CO., INC.; AIR CHINA; COLUMBIA FOUNDATION; GRANTS FOR THE ARTS OF THE SAN FRANCISCO HOTEL TAX FUND; NOVELL, INC.; KGO NEWSTALK AM 810; KGO-TV CHANNEL 7; BECHTEL FOUNDATION; CHEVRON CORPORATION; CITIBANK; SOONG CHING LING FOUNDATION,USA; MR. AND MRS. M. GLENN VINSON, JR.; ANONYMOUS DONORS; AND WITH SPECIAL THANKS TO THE HONORABLE FRANK M. JORDAN, MAYOR OF SAN FRANCISCO. THIS EXHIBITION IS SUPPORTED BY AN INDEMNITY FROM THE FEDERAL COUNCIL ON THE ARTS AND HUMANITIES.



**YOGA CLASSES**

6 Week Courses - Two Locations
7:15 pm - 8:30 pm Fee is $5.00 per class
Tuesday evenings at Bernal Playground Gymnasium
Call 415-695-5007 to Sign-up
Thursday evenings at Precita Valley Community Center
Call 415-206-7758 to Sign-up

**Don't Just Live... Be Alive!!!**

Classes taught by a Certified Instructor



**The Bernal Heights Democratic Club welcomes neighbors to discuss with us the local and state initiatives on the November ballot**

**Wednesday, October 12th • 7:00 - 9:30pm**
**Bernal Heights Neighborhood Center**
**515 Cortland Avenue, Second Floor Conference Room**

Come, bring your voter handbooks and learn more about SOS, the Downtown Transit District, Single Payer Health initiative, and many more issues that we, as voters, are being asked to decide. Refreshments will be served, and we look forward to a lively, informative evening. Voter registration cards will also be available at the meeting.



GARDEN REJUVENATION

**Garden Maintenance**
**Garden Cleaning**
**Small Watering Sytems**
**821-2159**
**Reasonable Rates**



SUBSCRIBE!

**The *New Bernal Journal* mailed to your home or business!**

***Help support your bi-monthly community newspaper!***
( ) $9.00 for one year ( ) $17.00 two years

( ) Please accept my donation for $ _____
to help produce our community paper!

Name: _____ Phone: _____

Address: _____

***Send to:*** ***New Bernal Journal***
***515 Cortland Avenue***
***San Francisco, CA 94110***



**Meet the results–oriented, professional realtor who lives right in the neighborhood.**

**Jeanne King**

A dedicated, fifteen year Bernal Heights resident-realtor can offer you an accurate perspective and market value on your property. Jeanne King knows Bernal Heights as few realtors do. She'll put her experience to work for you. Call 771-7100 ext. 16 for an appointment and complimentary market evaluation.

Realtors JON DOUGLAS COMPANY
JON DOUGLAS®
THE SIGN OF RESPECT

Ellen stands next to the doll house that she made for the Bernal Library, one of her many community contributions.

## People on the Hill

# Ellen Egbert's tireless work to improve neighborhood life

**By Dorothy Coakley, Bernal Children's Librarian**

Ellen Egbert is a dedicated supporter of the Bernal Library, always being in the forefront of our fights to keep our branch open and its open hours intact. She has successfully served as a representative to the Council of Neighborhood Libraries and worked for the passage of Proposition E, the Save the Libraries campaign during this past election. She currently attends most of the Library Commission meetings "to help our new commissioners remember the importance of the neighborhood library as a resource."

Ellen bought her house in Bernal Heights nineteen years ago. She says it "spoke" to her: "I need you" was what the house said. The elderly house on the hillside required complete renovation, so she did it all herself. She stripped the woodwork, took off the wallpaper, and completed all of the project except the electrical work and the plumbing which she hired out. She used "how to books" from the library to do many of the projects, including re-covering a couch. "I would just run into the library and photocopy the pages that I needed. That's what's so wonderful about a neighborhood library. It's there when you need it."

Her appreciation of the Bernal Library led her to start planning for a free tutoring group at the Bernal Library in conjunction with the "Neighborhoods in Transition" program this fall.

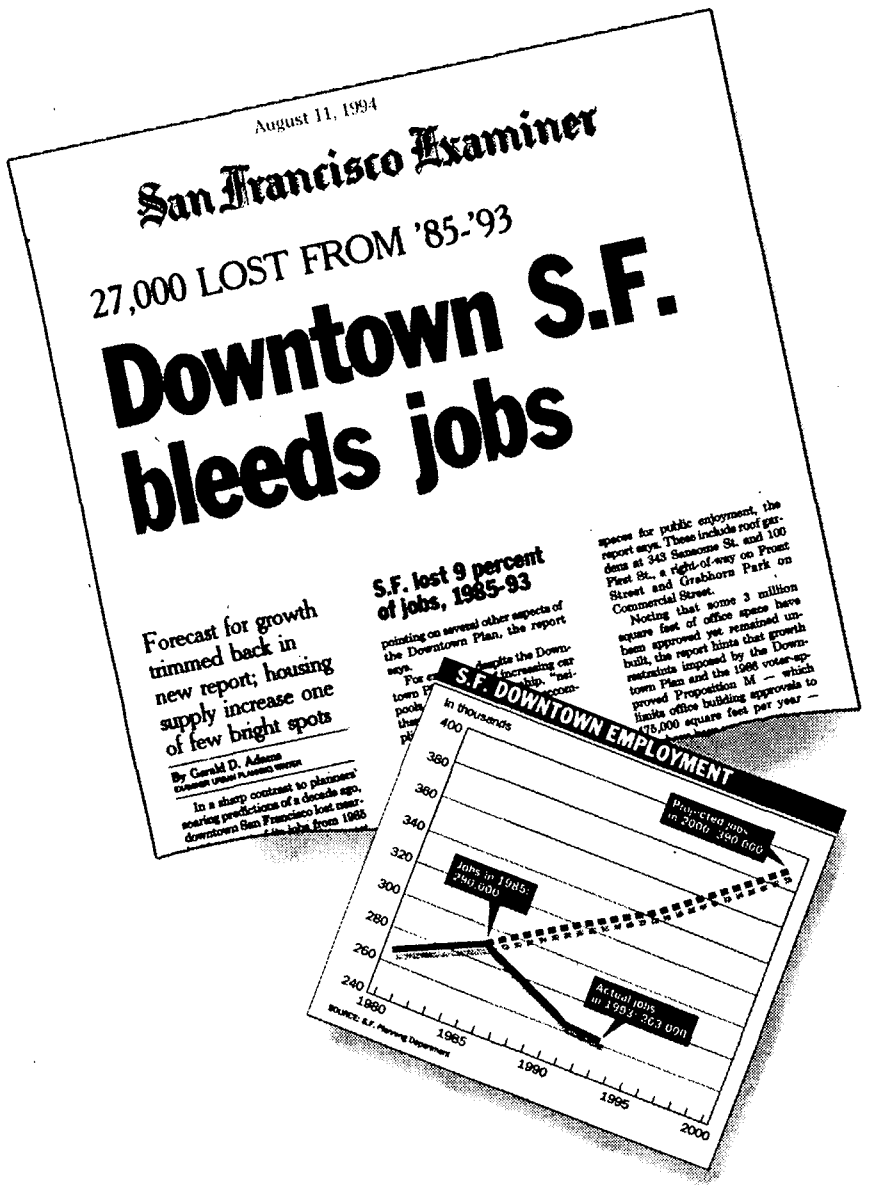
She's a natural teacher. Once, while working in the Job Corps, she received a backhanded complement that she says is the essence of her teaching philosphy. One student said to another, "Take Miss Egbert for General Education. She doesn't teach you anything but you sure do learn a lot."

Ellen Egbert can start you thinking. With an undergraduate degree in English and an MBA from Pepperdine, she's active as a math and English tutor for students up to the ninth grade.

Recalling her days of teaching ninth-

*Continued on next page...*

*Paid Advertisement*




# Q: What Do We Lose When Jobs Leave San Francisco?

# A: Everything.

## Charity

San Francisco's 23 largest companies and their employees donated more than $30 million to area charities involved with education, AIDS, homelessness and other important issues. When companies and jobs leave the City, these charitable contributions go, too.

## Economic Vitality

Every job lost in San Francisco creates a ripple in the city economy — just like a pebble thrown into a pond. Economists say the domino effect caused by the loss of 27,000 downtown jobs during the last seven years will cost thousands of additional neighborhood jobs in the years to come.

## Taxes

In total, San Francisco raises about $700 million annually in local taxes. More than 50 percent of this revenue comes from business in the form of property taxes, payroll/gross receipts taxes, sales taxes, utility user's taxes, registration taxes and other fees.

We are in a vicious cycle. As businesses leave San Francisco, City Hall raises tax rates to make up for lost revenues, causing even more companies to move out.

**If you're concerned about job loss in San Francisco, please call us at 415/788-7795.**

*Sponsored by:*

JOBS COMMITTEE ON

Members of the San Francisco Neighborhood Newspaper Association:
Marina Times; New Bayview; New Fillmore;
New Mission News; North Beach Now; Richmond Review;
Sunset Beacon; West of Twin Peaks Observer.

# Around the Neighborhood

*With Gloria Allen*

## Bonview Street's Mary

Mary Litzius Foy was born during the 1917 Influenza epidemic. The family's midwife, Mrs. Treps, came everyday for six weeks to take care of mother and the new daughter, as well as the rest of the house. During that year, many mothers were too sick to even name their baby girls, so there were many "Marys" born in 1917.

Mary's birth took place in the house on Bonview Street which her mother bought brand new in 1911. Many families moved to the rocky Bernal Hill after the 1906 earthquake. Mary bought the house next door in 1944. She and several of her children, grandchildren and brother continue to live in both houses.

August Litzius, Mary's grandfather, was a professor of English who taught the many German residents of Bernal Heights to speak English. He and his brothers Joe and Charles were the first three voters in the precinct. August's wife, Emma Riley, was a cousin of the writer/poet James Whitcomb Riley. Upon learning this history, I began to see why there was no question of where Mary got her love of history and community service from.

*Born on Bonview Street in 1917, Mary Foy has become of one of Bernal's most well known and loved resident.*

Mary attended Junipero Serra School. She married her childhood sweetheart whom she met at the ten-der age of eight when he came to play with Mary's broth-ers. After twenty years of marriage and six children later, he left her for Hawaii and Mary says that they "Ate apples off the apple tree for a while" to get by.

Soon finding her-self alone with her children and having her mother having passed away, Mary walked to Shields Grocery which was on the corner of Wool and Eugenia at the time. She told Lenny Shields that she had no more to do than pick up the lint from the car-pets. The next day, Lenny put up a big sign which read "LOST, ONE IDENTITY. IF FOUND, RE-TURN TO MARY FOY."

Needless to say, Mary pulled herself up and became an active community member, delivering daily hot lunches to homebound seniors in the late 70's. This is how she met Pearl, Danny and Ricardo from Nevada Street, who were portrayed in our last story. Mary would say to the elderly Pearl, "Hi, Pearl, how do you feel?" Pearl would usually answer "Plain Lousy" although her spirit was joyful.

Today Mary is the Senior Program Assistant at the Bernal Heights Neighborhood Center which, she says, used to be the Bernal Recreation Center & Gym in the early 1900's. It was on this site that her brother, "Atta Boy" Litzius fought Jack Dempsey.

The eyes of this lovely, lively lady never failed to stop sparkling along with her bright smile as we talked about her life and stories of living on Bernal Hill.


# San Francisco Auto Repair Center

SAN FRANCISCO AUTO REPAIR CENTER
WINNER
1994
BAY GUARDIAN
BEST OF THE BAY AWARD

***FOREIGN AND DOMESTIC AUTO REPAIRS***

**OPEN 7 DAYS A WEEK**

**OFFICIAL CALIFORNIA SMOG STATION**

- Dependable work—Honest prices
- A Community-Oriented People's Garage
- Men & Women Mechanics
- Free Shuttle Service to BART & Downtown
- Basic Auto Repair Classes
- "Do-it-yourself" Membership Available

**611 FLORIDA STREET (Near 18th St.) • S.F., CA 94110**

**285-8588**

| $10 OFF SMOG INSPECTION | FREE BRAKE & SAFETY INSPECTION ($22 VALUE) | $10 OFF OIL CHANGE |
|---|---|---|


## Ellen - Continued from page 6...

graders, Ellen recalls one particular incident that taught her about the nature of a kids at that age. "One day, the kids had raised a pair of underpants on the flagpole of the school. The janitor brought them to me in class. And they were clearly mine...my mother had dutifully sewn my name in them when she sent me away to college. I just popped them into my purse and kept on talking."

She remembers back to her days as a student herself. "I wasn't ever a bad kid, although I was suspended twice in school for silly things," says Ellen. One incident that brought on a suspencion was when she was wearing bells on her crino-lines. "You remember crinolines. They are those horse hair petticoats that you start with sugar so that they stand out. Anyway, the bells on my crinolines tinkled as I walked and were frowned upon in the school I attended."

Ellen has had a taste of a wide variety jobs through her colorful life. She once served as a probation officer for Alameda County at a home for girls. Ellen heard that the civil service test for probation officers was being given while working as a ticket agent for Greyhound: it seemed like a good job for a person who liked teenagers and had once taught ninth grade.

So she took the job as a probation officer on the swing shift: "It wasn't as easy as it seemed. If I had wine with dinner, I had to cover it up so the girls wouldn't be poorly influenced. That's when I discovered that a spoonful of peanut butter will hide the smell of alcohol. I carried it in my glove compartment. The only comment I ever got was "Miss Egbert, you sure like peanut butter."

After working as a probation officer, Ellen spent thirteen years working in Human Re-sources for the Del Monte Corporation and earned her MBA through a satellite program given by Pepperdine University.

After earning her degree, she had to leave California to return to the East Coast to help her father care for her mother who had Alzheimer's Disease. She rented her home in Bernal to "Some people who never cleaned the toilet and who had dozens of cats."

Upon returning to Bernal Heights five years later, she began to completely restore her house a second time. About that time, she also real-ized that her neighborhood needed fixing up, too. Drinking and drug abuse had become prevalent in the Bernal Playground behind the library. Mauricio Vela was holding a house party to organize her neighbors to band to-gether to stop the misuse of the park. Ellen attended the meeting and a neighborhood ac-tivist was born. She has help to paint out graffiti and has also been active in projects to improve our Parks and Recreation playground and gym in Bernal ever since.

Ellen's work to better her community comes from a personal belief that everyone needs to help out in order to make things better. "I think that its important that everybody pick a neigh-borhood project and devote some time to it. I'm not personally into affluence; I rent a room in my home to make ends meet, so I have more time than some people to contribute to the quality of neighborhood life. But everyone should do something."

And she has done more than her share. This year, she has made a doll house for the kids at the library, volunteered her services as a proof-reader for the New Bernal Journal, continued to paint out graffiti at the park and on the store-fronts on Cortland Avenue every couple of weeks...and worked on neighborhood cam-paigns. Then of course, there is the tutoring program that she's about to start at the library.

Ellen Egbert may have something to teach us all. She sure can start you thinking.


# She is the Bernal Heights Real Estate Specialist

*Gloria Allen*

*Personal & Professional Service*

***Property of the Month***

**Bright Bernal Home & Garden**
**3936 Folsom Street**
*Updated two bedrooms, one bath, garage, plus room and storage. Delightful garden with fruit trees. Updated Systems.*
**A Best Buy! $189,000.**

If you want your property featured here in Bernal's *only* paper, call the Bernal Heights specialist, **Gloria Allen.**

***We Sell San Francisco®***

***Gloria Allen***
*Broker Associate*

*1700 California Street, Suite 260*
*San Francisco, CA 94109*
***Bus (415) 441-0656 x 227***
***Res (415) 921-2815***

EVANS PACIFIC REALTOR

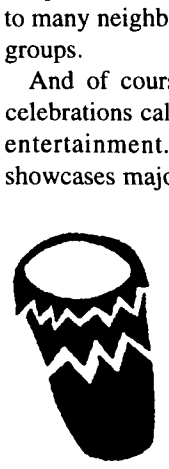
*Bernal Heights welcomes Los Compas, stars of Fiesta '94*

# Come one, come all to the 6th Annual FIESTA ON THE HILL!

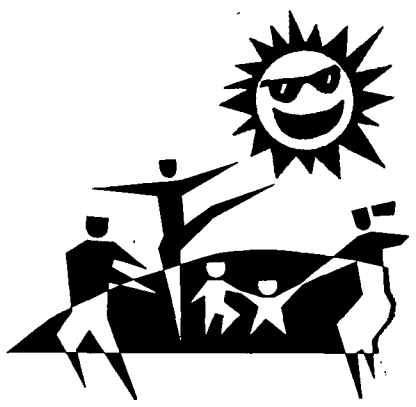
**By Demece Garepis, Fiesta Coordinator**

On Saturday, October 22, The FIESTA will be a double whammy party this this year! The neighborhood will especially honor the 16th anniversary of the Bernal Heights Neighborhood Center which provides community services to our culturally diverse neighborhood. All the money raised from the Fiesta will go towards supporting these the Center's important non-profit neighborhood outreach services and activities such as youth employment, gang prevention, senior services, fights for services such as saving the Bernal library, and provides community assistance to many neighborhood and tenant groups.

And of course special double celebrations call for extra special entertainment. Since FIESTA showcases major national and local culturally diverse music groups, we are proud to present **LOS COMPAS!** Los Compas is an exciting blend of Latin musical styles; Puerto Rican bombas, Dominican merengues, Colombian cumbias, Mexican rancheras and Latin jazz! Los Compas is sure to pump you up! Also featured is the extraordinary neighborhood jazz of **Remote Control** which has reached international acclaim, South African jazz of **Kombo Kwela**, women's acapella **PMS**, our local rock 'n roll bands **Giles Brothers** and **The Pinch**. There's something for everyone from salsa to satire, from jazz to blues, from cha cha to grunge rock! Be sure to look for flyers announcing the entertainment at your local businesses.



The Fiesta will be held from



10:00 a.m. - 6:00 p.m. in the Bernal Playground which is off Cortland Avenue on Moultrie, behind the Bernal Library. The San Francisco Park and Recréation Department, the Bernal Heights Neighborhood Center (BHNC) and Bernal Heights Housing Corp (BHHC) have joined together to sponsor this exciting community music and dance celebration!

**This year, bring a big appetite and a taste for art.** You won't be disappointed from our delicious ethnic food, desserts, non alcoholic drinks, and terrific arts and crafts made by our very own neighborhood artists.

**Lots of Kids Activities**

Kids enjoy our Halloween Moonwalk, paint free pumpkins, do face painting, pet animals, and get excited doing all the fun Halloween activities and games! Co-sponsored by the San Francisco Park and Recreation Department which houses this non-alcoholic event, we'll have a safe array of children's activities that your kids will be talking about until the next FIESTA. Halloween games will be keep your kids busy all day!

**Youth Activities**

Don't miss the special guest appearance by a KMEL DJ, Basketball Shooting Contest, Mural Painting and more. Teens will also be on hand at the dunking booth and also at the main stage to lead the neighborhood in Salsa with Los Compas!

**Live & Silent Auctions**

A wide variety of items from gems to jewelry to collectibles will be up for bid at the Fiesta. Your winning bid can also get a great dinner or entertainment package for a fraction of the price while you help to support senior services in our community. Bid on one of many gorgeous gourmet and bath gift basket for the upcoming holiday season!

**Pay a buck, dunk a community friend.**

Yes, the age old FIESTA dunking booth is back with a vengeance this year. Once again, you'll get a chance to dunk a well known local community member.

**Volunteer and get the incredible FIESTA T-shirt free!** Supplies are limited, and this year's logo is the coolest yet.

**Mark your calendars. Admission free.** FIESTA ON THE HILL is Saturday, October 22nd, 1994 at the Bernal Playground, the Bernal Park and Rec Center, next to the

Bernal Library, from 10 - 6 pm. Cross streets are Cortland/ Moultrie. A non-alcoholic, drug free event.

**GET INVOLVED! For more information, or if you'd like to volunteer, please call BHNC at 206-2140.**

# BERNAL MERCHANTS AND LOCAL BUSINESSES!

**FIESTA** proudly announces the **FIESTA PROGRAM BOOK** AND **BERNAL BUSINESS MAP.** The FIESTA PROGRAM BOOK is an attractively produced magazine stock filled with listings and ads sure to target the needs of a culturally diverse community. This year, the **FIESTA PROGRAM BOOK** will feature the **BERNAL BUSINESS MAP** - an artistic, easy to follow merchant directory. The **BERNAL BUSINESS MAP** will be distributed free through advertiser locations, merchant businesses, local Bernal residence mailings, and city wide distributions. This must-have guide is a treasure trove for your most frequent customers - the entire Bernal Heights community. The **BERNAL BUSINESS MAP** will be featured in the centerfold of the FIESTA Program distributed to all over 5,000+ FIESTA attendees, mailed to Bernal Heights residences, and will be the official FIESTA POSTER. **This glossy guide will be useful to your future customers all year!** To be listed on the BERNAL BUSINESS MAP, simply purchase a quarter page, half page, or full page ad in the FIESTA PROGRAM BOOK. You'll not only get an ad, but a complete targeted marketing plan as well! Or, if you're a Bernal neighbor, and would like to have your family name inscribed above our attractive graphics featuring homes on the hill, you can do that too!

The FIESTA PROGRAM last year was a proven success. This year, we are expecting a *dramatically* increased turn-out since we are showcasing a major national music group *Los Compas!* Over eighty percent of its advertisers are re-running their messages in this '94 issue. This year, the addition of the **BERNAL BUSINESS MAP** mirrors the strength and potential of our significant market. Attractive enough for framing or the refrigerator, it quickly becomes an indispensable reference guide. The **BERNAL BUSINESS MAP** is an absolutely essential tool. Put your business on the map - **THE BERNAL BUSINESS MAP!** Rates are as follows:

**FIESTA PROGRAM BOOK & THE BERNAL BUSINESS MAP:**

Full Page $300 — 1/4 Page $100
1/2 Page $165 — Business Card $ 50

Contact FIESTA coordinator Demece Garepis for more details 206-2140. Remember, space is limited, and your deadline for submission is Saturday, October 15th, 1994!

___ **Yes!** I'd like to advertise in the FIESTA PROGRAM *AND* BERNAL BUSINESS MAP. Please call me for ad placement.

___ **Yes!** I'd like to be a neighbor and help sponsor the FIESTA ON THE HILL and wish BHNC Happy 16th Anniversary! Please acknowledge me as a contributor in the FIESTA PROGRAM BOOK *only.*

*NAME:* _____

*ADDRESS:* _____

*HOME NUMBER:* _____ *BEST TIME TO REACH ME:* _____

*WORK NUMBER:* _____ *BEST TIME TO REACH ME:* _____

Make checks payable to BHNC FIESTA, 515 CORTLAND AVE., SAN FRANCISCO, CA 94110 . ATTN: DEMECE GAREPIS

THE 6th ANNUAL

# Fiesta

ON THE HILL

**Saturday, October 22, 1994, 10:00 am – 6:00 pm**

Bernal Heights Playground, Cortland Ave at Moultrie

Featuring:

Los Compas
Remote Control
Kombo Kwela
Giles Brothers
PMS
The Pinch
Comedian
Tom Ammiano

FREE ADMISSION! A non-alcohol, drug free event

Halloween Fun
Free Pumpkins
Children's Games
Dancing
Auctions
Prizes

Presented by the Bernal Heights Neighborhood Center & Housing Corporation with SF Park & Recreation. For more information, call contact the FIESTA at: 206-2140

## THANK YOU, FIESTA CONTRIBUTORS! *As of 9/30/94*

**Comadres/Compadres $100+**

Doug Holloway
Helen Helfer

**Fiesta Amigos/Amigas $50+**

Carol & Richard Bee
Frank DeRosa
Lester Zeidman
Capt. John Gans
Patricia B. Gans MD

**Fiesta Amigos/Amigas $25+**

Hermitanio M. Sotelo
Suzanne & Mike Simms
R.P. Copperud
Beulah Heagren
Hamilton & Aitken, Architects
Thomas Ammiano
Marie & Carmelo Annuzzi
Barbara Bagot & Eugenio Bagot Lopez
Bill Rumpf & Eve Rumpf-Sternberg
Kathryn Erickson
Van Richards
Julian D. Munoz
Barbara Arbucci
Alison Moed & Michael Paolercio
Patricia L. Cleary
Susan Patton & Thomas Fox
Mary Ellen Hannibal
Richard Morganstein
Rose P. Mateo
Catherine Cavey
Debra Murov
Camilla & Ron Bixler
Elaine Stoller
Roberta S. Whipple

**Fiesta Fans $5+**

Barbara Attard
J.Lillian Tan
Laura Kim Lee
Rudy & Susan Ortiz
Peter Leaf
Sally Holland
Jo Ellen Brothers
E. Lee Hammack
John Doll
Enrica & Norberto Zabala
Monica & Raymond Conrady
Norma F. Quilantang
Consorcia B. Dawal
PeterRothblatt
Isabelle V. Mayo
Barbara Garcia
Francisca Orais
Corazon & Noel V. Pascua
Randa Salloum
Sonia Carthegena
Carol Gadas
Daisy & Dalmacio Reyes
Susan Halpern
Susan Williams
Patricia Dugal
McDougal Barrett
Laraine Koffman

**Fiesta Ad Book Sponsors**

Good Life Grocery
K.K. Graphics
Mission Neighborhood Dental
Gloria Allen, Broker
El Rio
Farmer's Insurance Group
Japanese Community Youth Council
Devine & Gong
Supervisor Susan Bierman
Caritas Management Corporation
Floorcraft
Supervisor Carole Migden
Supervisor Susan Leal
A. Ruiz Construction Co. & Assoc. Inc.
Pizza Express
Isa's Salon
The Liberty Cafe
SF Dept. of Social Services
El Tenampa Club
Gallagher Realty
Bernal Heights Housing Corp.

# FIESTA VOLUNTEERS NEEDED!

**The 6th annual FIESTA ON THE HILL** would like volunteers now to sign up for the following committees or activities:

- CHILDREN'S ACTIVITIES: Volunteer to supervise a children's game for 2 hours
- FLYERS AND POSTERS: Distribute the FIESTA flyer and posters
- STAGE MANAGERS AND HANDS: Day of show stage management
- BAND HOSPITALITY RUNNERS: Food table set up and managing for the bands
- SECURITY: Security people for this non alcoholic, drug free event
- BOOTH HELPERS: Assistants for various booths
- STAGE SET UP/BREAK DOWN: Setting up the stage and take down
- CLEAN UP: Light litter and equipment clean up after the show

SIGN UP AS A VOLUNTEER AND GET A FREE FIESTA T-SHIRT AT FIESTA, SATURDAY, OCTOBER 22nd. Call Demece at 206-2140 for more details.

## Fiesta T-Shirts on Sale Now!

Buy your Fiesta T-Shirt at the Neighborhood Center to ensure that you own one of these exciting Bernal exclusives. Only $12.00 while pre-event supplies last!

# Emergency Care With Less Waiting

When an emergency health problem strikes, come to St. Luke's Hospital. You'll get emergency care with less waiting.

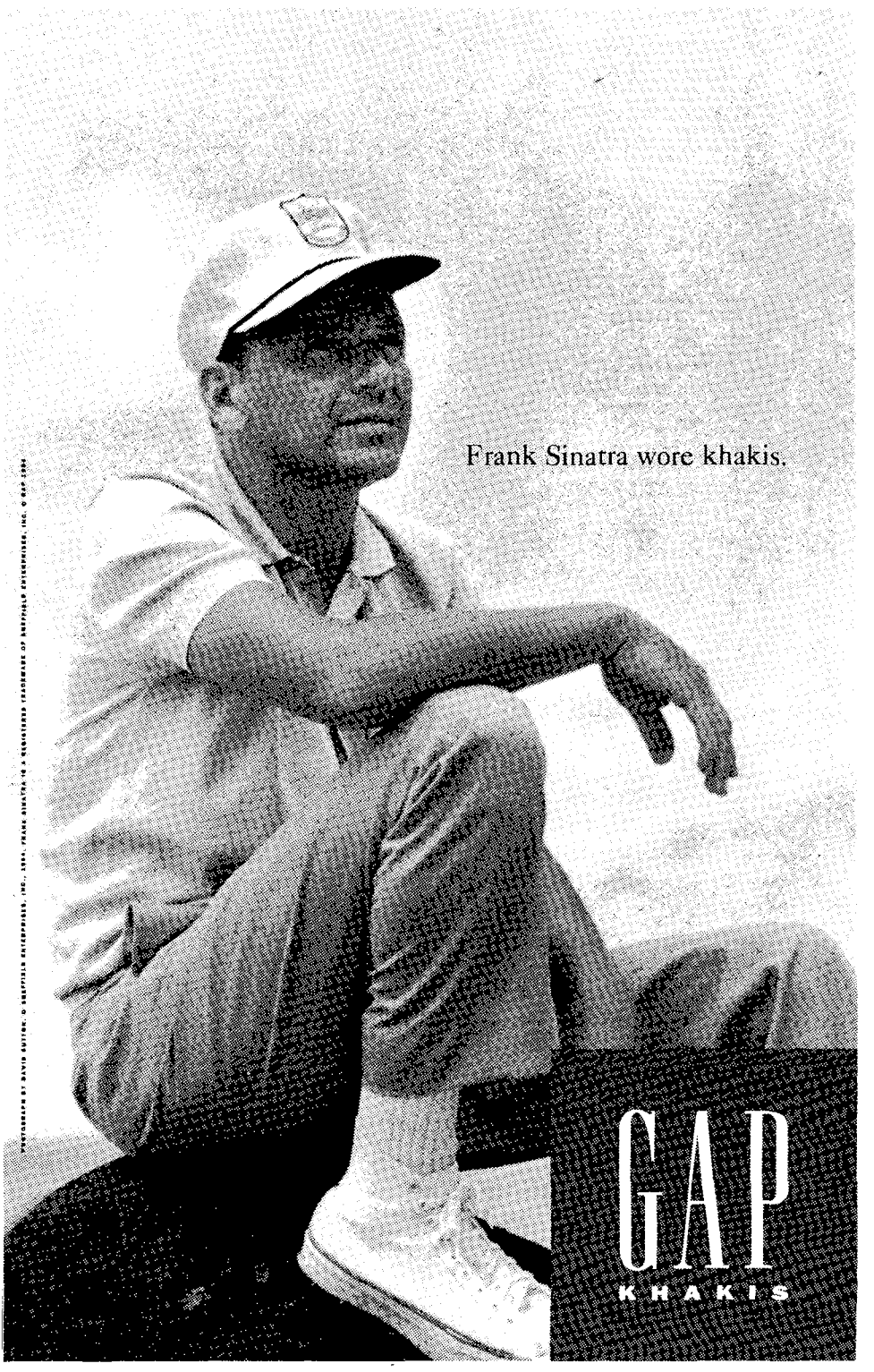
Within 10 minutes after you arrive, an emergency nurse will check your symptoms. For urgent health problems – like a sprained ankle, an earache or the flu – you'll be examined by a doctor and on your way, typically, within an hour.

Each year, St. Luke's provides more emergency care than almost any other San Francisco hospital. That's why we have a specially trained doctor available 24-hours a day just for children.

We're specialists at Emergency Care. We hope you'll never need an emergency room. But if you do, why not go to the best?

ST. LUKE'S HOSPITAL

Emergency Department
Army & Valencia
*Se Habla Español*



# CLASSIFIEDS

## HOME CARE

**Remodeling and Additions.** Scandia Builders is a design/build team to manage your project from concept to completion. Kitchens, bathrooms or entire home. (415) 282-5331

**Handyman/Carpenter:** Repair a door, hang a kitchen cabinet, add a room, build a fence or a deck or even trim a tree. I'm handy, skilled and do good work at a resonable price. Robert, 824-1634. (Bernal references).

**Furniture stripped and refinished:** Excellent work quickly done, e.g., dresser w/mirror $150, with pick-up & delivery. Jim, 621-4390.

**Handyman -** repairs, painting, building shelves, decks, fences. References, reasonable rates. Harry Irving 986-2654.

**Home Repairs:** Windows, doors, deadbolt locks, weatherstripping, small carpentry and household repair jobs. Free estimates. Local references. City Window Service. 337-9327 - ask for Don.

**Slipcovers & Window Treatments.** High-quality custom sewing services since 1980. Pillows, table skirts, bed dressings. Frippery, Designs by Wendy L. Miller. (415) 648-8514.

**Peaches Painting.** Add color to your life (inside/outside). Service with care at rates that are fair. Since 1980. License 618693. 25% discount with this ad. 641-9434.

## HOUSECLEANING

**Natural/Non-Toxic Housecleaning.** Clean and green. Weekly, bi-weekly, monthly. Move-in/out and special occasions. Thorough, dependable, references. Call Janet, 285-3925.

**Highly Efficient Housecleaner.** Thorough, reliable, honest. Local refs., reasonable rates. Move-outs. Regular or one-time. Chris. 641-4902.

**Looking for an experienced, reliable,** housecleaner? Stop your search! Call KJ, 285-3014.

## PROFESSIONAL SERVICES

**Quick-Quality Typing & Transcription** Service: Micro/Regular/ Video CAssette/Phone Dictation. Reports, letters, flyers, resumes, manuscripts, etc. Same day service available. FAX. Call Nancy, 821-2293.

**Custom Sewing.** High quality custom sewing services since 1980. Unique clothing designs, weddings, tailored garments, cpy your favorite item! Frippery, Designs by Wendy L. Miller. (415) 648-8514.

**Tax Preparation, accounting services.** CPA specializing in small businesses & individuals. Reasonable rates. 1/2 hour free consultation. 10% discount mention this ad. 826-2958.

**Moderne Graphics/Desktop Publishing.** Newsletters, brochures, business cards, catalogs, menus, t-shirts, logos, newspapers, ad design. Free consultation. 282-7955.

**Psychic Readers Needed** for a professional and ethical 900 psychic line. Spanish a plus. For turther information contact June or Bea, (415) 648-9236.

## REAL ESTATE/FOR RENT

**Attention First-Time Home-Buyers!** IWe are specialists. We can find you a home here on Bernal Heights, or elsewhere in the City, for under $200,000. Right now there are also special tax credits for first-time homebuyers. Call Kristin at Brown Bear Realty 285-5700 to find out more.

**Fall Tahoe Getaway!** Beautiful Tahoe home in prestigious Incline Village. Hiking, golf, tennis! 20 minutes to South Shore Casinos and shows. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, livingroom with fireplace, 2 decks, garage, all appliances & laundry. Call early for ski season! 282-7955.

## PET CARE

**Does Rover need training?** Exercise? A ride to the vet? Want to be sure Fluffy is content while your're away? Positively Pets can help! Training, problem solving, pet sitting, geriatric care, exercise, transportation. 10 years experience. Bonded. References available. Senior discounts. 647-2463.

**Tender Loving Care.** Since 1983, experienced compassionate animal lover offering peace of mind and personalized pet care in your home. Mid-day dogwalking available for busy professionals. Reasonable, reliable, references. 695-0511.

## HEALTH/MASSAGE

**Bodywholeness Massage/Bodywork -** Swedish, Reiki, Craniosacral, Vibrational Healing Massage, Reflexology and Foot Bone massage. Special $25 hourly/$35 ninety minute sessions for newcomers! Call Gardener, certified Holistic Massage Therapist, at 647-4419 for more information.

**Counseling/Pathways for change.** I provide a safe, nurturing environment to help you clarify times of transition, heal old wounds, release hindering patterns, and create positive changes in your life. Esther Goldman, M.A. (415) 431-1066. Sliding Scale.

**Gentle, Convenient Care.** Classical Accupuncture, Chinese Medicinal Herbs, Massage Therapy for all injuries, pain, fatigue, stress reduction, allergies, Carpal Tunnel Syn., arthritis. Sally McMullen, LAc, DNBAO, (415) 550-7732.

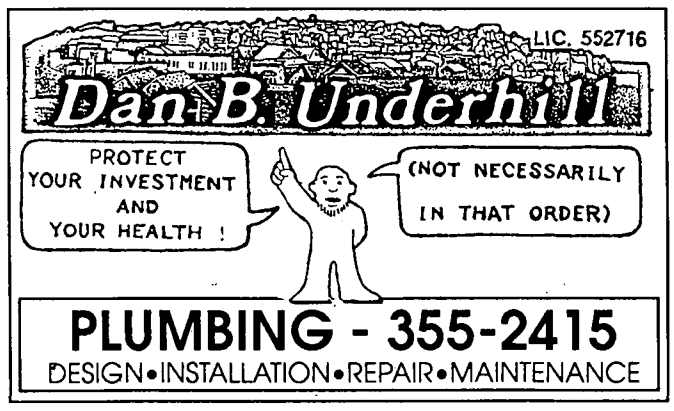
**Theraputic Massage.** Have table, will travel. James Rich, Certificied Massage Therapist, (415) 282-1544, Page 202-9306.

**Women who served in the military** may be eligible for medical care at the VA Medical Center in San Francisco. Inpatient, outpatient care. Surgical, medical and mental health services. Services unique to the health care needs of women. More info, call Patsy Wilson at 221-4810, x3907.

DON'T LET YOUR MEMORIES FADE AWAY

**Bring us your photos,** old, new, black & white or color, or instants and we'll make photographic duplicates of them:
• Right here in our store • **While you wait**
• No negative required • Reduce or enlarge

MISSION ONE HOUR PHOTO
2859 Mission Street (btwn 24th&25th)
San Francisco, Ca 94110
(415) 648-6698
*ONE HOUR COLOR PRINT FILM DEVELOPING*
Open 7 days




Bernal

WEDNESDAY NIGHT
BIN
$150 SOCKOS!
$25 FREE GAME
CARDS: $1 ea
$5 min.
DOOR PRIZES!
DOORS OPEN 6pm •
ST. KEVIN'S PA
ELLSWORTH OFF CORT

A WOMAN-OWNED
• SUBARU • TOYOTA • NISS
• HONDA • GM • FORD •
Complete Domestic and Foreign Car
Tires • Alignments • Brakes • Shoc
Mon
AUTO 550
moto
185 BAYSHORE NE

FREE DELIV
439 Co
S.F

Ha
Sa
Cu
Unlir
David Roge
813 Cortlan

*Providing quality and care*
MISSIO
NEIGHB
*Se habla Español*
GLENN S. BELEN, DDS ELIZA
HERMES S. SOTTO, DDS MELA
• *Nitrous Oxide, Stereo Headp*
• *Preventive Care*
• *Bleaching*
• *White Fillings*
• *Dental Insurance Accepted*
• *General Dentistry*
641-8900
3208 Mission
*One block from St. Luke's*
Member: ADA, CDA, SFDS, UOP & UC


## VOLUNTEER OPPORTUNITIES

**Hospice Needs Volunteers.** Help provide care and support to people with AIDS, cancer and other illnesses which limit life expectancy. Call Visiitng Nurses and Hospice of S.F., 861-8705.

**Help end domestic violence.** La Casa de las Madres, a shelter for battered women and their children, has volunteer postions available for crisis line counselors, children's programs & more. Bilingual persons are encouraged to apply. Call Cynthia, 777-1808.

**Help elders in the neighborhood** by becoming a Bernal Heights Senior Services volunteer. Lend a hand around the house, drive to medical appointments, friendly visiting, grocery bag delivery, minor home repairs. Share your time and talents and make a difference in the life of an elder. 206-2145,

# CLASSIFIED ADS

## ONLY 20¢ per word!

TOTAL _____ words @ 20¢ per word = $_____
TOTAL ENCLOSED

**20 word minimum.** Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a $2.00 handling fee with your payment. If we misprint your classified ad and the error effects the value or content of your ad, we will repeat a corrected version in our next issue. **PLEASE PRINT CLEARLY!**

NAME: _____

ADDRESS: _____

DAY PHONE:

Send this form along with **complete payment** to the:
***New Bernal Journal, 515 Cortland Avenue, SF, CA 94110***

**Don't miss our next issue of the**
***New Bernal Journal***
**December'94/January '95**
(delivered on 12/3/94)

***NEXT CLASSIFIED AD DEADLINE: 11/25/94***

# Heights Neighborhood Shopping Guide


G O

TWO
$250
JACKPOTS!

$100
10 games
Good Neighbors
$150
4 games
Good & Good Good Neighbors

t GAME 7:30 pm
RISH HALL
AND • 648-5751



BHHC

## LOW INTEREST LOANS FOR HOME REPAIRS

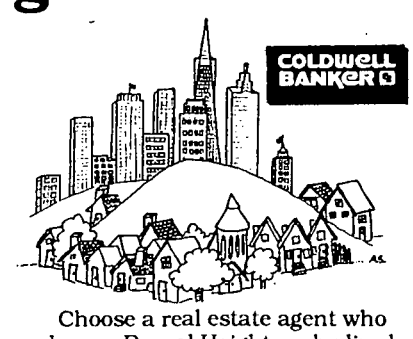
The City of San Francisco and the Bernal Heights Housing Corporation are working together to offer the Community Housing Rehabilitation Program to low income homeowners in Bernal Heights. Loans of up to $40,000 are available at only 3% interest to help homeowners correct life threatening hazards and health and safety code work. Loans may be deferred for ten years; senior citizens may defer repayment indefinitely. Bernal Heights property owners who have owned their house for at least one year and qualify under the following maximum family income guidelines are eligible:

**Call BHHC at 206-2151 or 206-2147 for more information.**



## When You Are Ready to Buy or Sell Call Margret Maker

**MARGRET MAKER**
REALTOR®
COLDWELL BANKER
**(415) 563-4111 ext. 310**




Choose a real estate agent who knows Bernal Heights, who lived here for 15 years, who cares about the neighborhood and cares about you.



USINESS
N • MAZDA
CHRYSLER
ervice and Repair
• Suspensions
Fri 8:00-5:30
-2400
on
AR ARMY



*Shop locally for a strong community!*


# Bernal Dining Guide

## The Barking Basset Cafe

Breakfast & Lunch
• Daily Specials •
Vegetarian Dishes

803 Cortland Avenue
San Francisco
648-2146

**2 for 1 Breakfast or Lunch**
Buy one entree and receive the second one of equal or lesser value free.
*With this coupon, weekdays only. Good thru 10/31/94.*

Hours: 7am-3pm, Mon., Wed thru Fri.
Sat. & Sun. 8am-3pm • Closed Tuesdays



## PIZZA EXPRESS
RESTAURANT

all natural ingredients

PIZZA EXPRESS
FREE FAST DELIVERY

Compare our Sizes!

919 Cortland Ave.
San Francisco, CA 94110

**282-2333**



ARROW
PHARMACY
RY ON PRESCRIPTIONS
Habla Español
rtland Avenue
• 648-5618

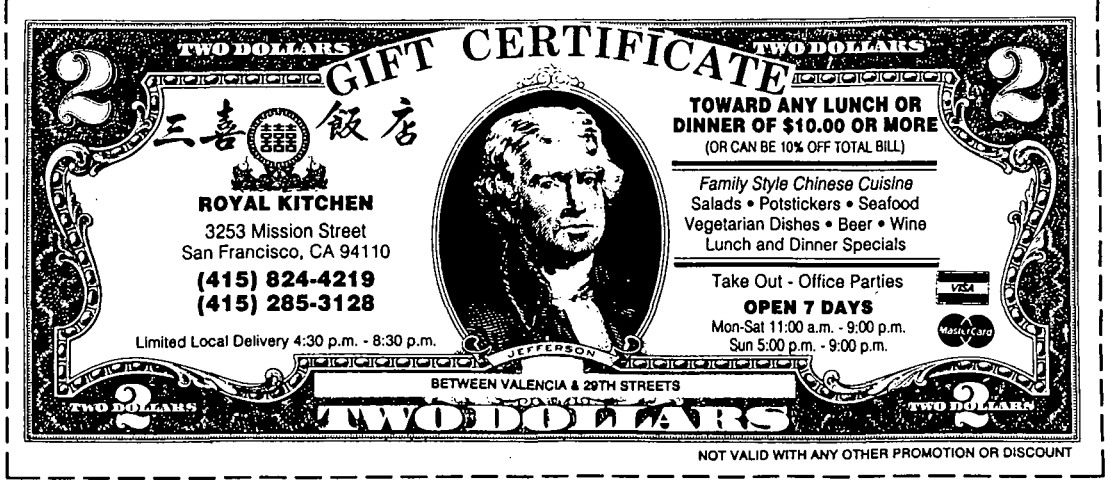


dmade
dals &
hoes
tom Fit,
ted Styles
826-5089
Ave., SF, CA



TO
**ADVERTISE**
IN THE NEW
BERNAL JOURNAL
CALL 206-2144








nce 1982
ON
ORHOOD DENTAL
*Nagsasalita kami ng Tagalog*

TH O. VASCO, DDS
B. VALLEJOS, DDS

ones, TV & Video

DENTAL EXAM & CLEANING
$45.00 *Regularly $133.00*

*Includes:*
• Complete oral exam & x-rays as needed on your first visit.
• Teeth cleaned and polished on your second vist.

*Please, new patients only*
EXPIRES 11/30/94

Street
Hospital
GRADUATES

*Cappuccino..Espresso*
*Soups..Salads..Sandwiches*
*Pastries..and more!*

## NICCO'S CAFE

634 Cortland Avenue
San Francisco, CA 94110

(415) 647-6448

# Youth!

## Appreciating our youths

*At the Youth Awards: BHNC Board member Odis Dodson, Rudy Corupez, Board member Julian Navarro and Youth Committee member Tommy Chin.*

Youth enjoyed a dinner and dance on August 25 at the Bernal Heights Neighborhood Center's Summer Youth Employment & Training Program's Youth Appreciation Awards.

The Bernal Heights Neighborhood Center Summer Youth Employment Program would like to thank the following individuals and businesses for their generous donations which helped to honor our youth for their summer achievements:

Good Life Grocery Store
Nestle Beverage Co.
Jinjee Flowers
Zante Pizza
China Chef Restaurant
Hilda's Pastries
World Music
Casa Sanchez
Pizza Express
Casa Lucas
Lelenita's Cakes
Cala Foods
Woolworth's
Zebra Records
Aztlan Nation
Tommy Chin
Humberto Felix
Julian Navarro
"Double Barrel Darryl"
Demece Garepis
Winston Mille
Tyrone Blackburn
DJ "Jeremy"
David Rogers
Odis Dodson

## Boyz in the Woods

*Jose, Eric, a camp guide and Damion cool their hot feet in a river after taking a day hike.*

Many youths on the Hill have never had the opportunity to enjoy camping in the majesty of Yosemite. This past August, the Bernal Heights Neighborhood Center and Police Activities League took several youths participating in Center's Gang Prevention Program to the mountains for a week long adventure.

Gang Prevention Program counselor Reynaldo Berrios says, that at first, hosting the the youths, ages 13 - 17 years, in the mountains was no easy picnic. "Some of the kids would act up with me, with the cops...with everybody!"

But he was amazed how quickly the youths' tough exteriors would fade away as night fell. "By day, they were picking on and fighting with each other," remembers Berrios, "But as soon as it got dark, they would all stick together." He remembers one particular kid who bad mouthed him earlier that day, "It was really dark on one of our night hikes and I pretended my flashlight went dead. He grabbed my arm and wouldn't let go!"

As the kids let down their guard, they began to really enjoy the forests and mountains. To fight off the relentless 90 degree plus heat, the boys found a running stream which they swam, splashed and played in almost the whole day. Hiking seven miles a day under the clear blue skies and in the fresh Sierra air gave the boys and girls a positive experience to help guide them on the right paths in life.

**Bernal Playground & Gym Fall Schedule**
**500 Cortland Avenue (behind the Library)**
**Open Monday - Friday, 1:00 - 6:00 p.m.**
**Tues. & Weds. to 9:00 p.m., Sat. 11:00 - 5:00 p.m.**

Basketball, Weight Training
Youth Programs:
Homework assistance, cooking, arts & crafts
Yoga with Juliet: Tuesdays, 7:15-8:30 p.m., $5.00

**Phone Marquita Reyes or Aubrey Tendrell, 695-5007**

Precita Valley Community Center
SCHEDULE FOR FALL 1994
534 Precita Avenue, San Francisco, CA 94110 • 206-7756

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| WEIGHT ROOM | 4:00 - 6:00 pm Open ages 15 - 18<br>6:00 - 8:30 pm OPEN all ages | 4:00 - 6:00 pm Open ages 15 - 18<br>6:30 - 8:00p.m. WOMEN ONLY | 4:00 - 6:00 pm Open ages 15 - 18<br>6:00 - 8:30 pm OPEN all ages | 4:00 - 6:00 pm Open ages 15 - 18<br>6:00 - 8:30 pm OPEN all ages | 4:00 - 6:00 pm Open ages 15 - 18<br>6:00 - 8:30 pm OPEN all ages |
| GYM | 3:00 - 5:00 pm Open Recreation<br>5:00 - 6:30 pm Team Basketball Practice<br>6:30 - 8:30 4 on 4 Full Court Basketball | 3:00 - 4:30 pm Open Recreation<br>4:30 - 5:30 pm Girls' Club<br>5:30 - 7:30 pm Team Practice Basketball 7th & 8th graders<br>7:30 - 8:30 pm Full Court Basketball | 3:00 - 5:00 pm Volleyball<br>5:00 - 6:30 pm Team Basketball Practice<br>6:30 - 8:30 4 on 4 Full Court Basketball | 3:00 - 4:30 pm Open Recreation<br>4:30 - 5:30 pm Girls' Club<br>5:30 - 7:30 pm Team Practice Basketball 7th & 8th graders<br>7:15 - 8:30 pm YOGA CLASS | 3:00 - 5:00 pm Open Recreation<br>5:00 - 7:00 pm Team Basketball Practice<br>7:00 - 8:30 CAPOIERA CLASS 18 and younger Free! |
| HOMEWORK & GAMEROOM | 3:00 - 4:00 pm Homework Group Ages: 7-13<br>4:00 - 5:30pm Art class sponsored by the Mexican Museum*<br>5:30 - 7:30 pm Games/Crafts Ages: 7-13 | 3:00 - 4:00 pm Homework Group Ages: 7-13 (class in Library)<br>3:30 - 5:00 pm Lace Art class for Girls<br>5:30 - 7:30 pm Games/Crafts Ages: 7-13 | 3:00 - 4:00 pm Homework Group Ages: 7-13<br>4:00 - 5:30pm Art class sponsored by the Mexican Museum*<br>5:30 - 7:30 pm Games/Crafts Ages: 7-13 | 3:00 - 4:00 pm Homework Group Ages: 7-13<br>YOUTH COUNCIL MEETING 5:30 - 7:30 pm<br>5:30 - 7:30 pm Games/Crafts Ages: 7-13 | 4:00 - 5:30pm Art class sponsored by the Mexican Museum*<br>5:00 - 7:00 pm MOVIE NIGHT! |
| LIBRARY | | 4:00 - 5:00 pm Homework Group Ages: 14 up | 3:30 - 4:30 pm YOUNG WOMEN ARISE PROJECT | 4:00 - 5:00 pm Homework Group Ages: 14 up | |

**SATURDAY FAMILY DAYS!** CALL FOR COMPLETE SCHEDULE

BERNAL FIESTA YOUTH AND FAMILY
## OCTOBER ART WORKSHOPS
IN THE BERNAL GYM
(BEHIND THE BERNAL HEIGHTS LIBRARY)

**SATURDAYS OCT. 1, 8, 15, 10AM-1PM: WILD ANIMALS**
Come make paper mache animals that will be painted with bright colors and then become part of a giant arch way at the Bernal Fiesta. Ages 7 & up

**WEDNESDAYS OCT. 5, 12, 19, 3-5PM: GIANT FLAGS**
Come and design and pain giant fabric flags that will be flying prominently on the playground at the Fiesta. After the Fiesta, you can take them home. Ages 7 & up

**THUS & FRI OCT. 20, 21, 3-5PM: MAGIC FOREST**
Using cardboard, plant clippings & palm fronds, we'll make brightly painted trees decorated like totem poles to be placed in the Fiesta grounds and around the stage. We'll also be putting up the archway of Wild Animals. Ages 9 & up

ALSO HAT MAKING , MASK MAKING, & OTHER ART ACTIVITIES AT THE
**BERNAL FIESTA**
**SATURDAY OCTOBER 22, 10AM - 6PM**
(Art till 4:00, Music till 6:00)

FOR MORE INFO, TO HELP OUT OR DONATE MATERIALS CALL THE BERNAL HEIGHTS NEIGHBORHOOD CENTER AT 206-2140 OR ARTIST/ORGANIZER GREGORY GAVIN AT 824-9604. YOUNGER KIDS WELCOME WITH OLDER BROTHER, SISTER OR PARENT.

## BHNC Donors for August & September, 1994

Bernal Heights Neighborhood Center wishes to thank the following friends and businesses for their contributions during August & September, 1994. These generous donations and memberships will assist the BHNC to continue its work of providing youth, senior and community organizing services in Bernal Heights.

Thank for your support!

**Contributions $100+**
Doug Holloway

**Contributions $50+**
Joyce McKinney
Michael Rothstein
Elan Rosenquist
Sue C. Hestor
Steve Anker
Susan Thackrey

**Contributions $25+**
Elaine Stoller
Royce D. Schumacher

**Contributions $5+**
Ninfa Castrillo
Dr. A.A. &
Eufrecina Ragadio
Isabelle V. Mayo
Barbara Garcia
Emmanuel Gousse
Billie Jo Rains
Christine Pyston
Susan & Mika Kitazawa
Martin Harrington
Virginia Estelita
Natalia C. Gonzalez
Betty Tennant
Magdelena Bonrostro

**New Members**
Jessica Uhl
Cheryl A. Dajczak
Dora Sandoval
Rabbi Allen B. Bennett
Kathy Angus
B. Tharp

# Japanese visitor learns from Bernal Elders

By Carmen Mendieta

This summer Bernal Heights was graced with a special visitor from Japan. Professor Tsuneji Masako made the long trip to the U.S. to visit programs which focus on community building as a means of supporting elders' independence and well-being.

He had heard about the continuum of care model in Bernal Heights, and was intent on learning first hand how this neighborhood approaches community based care of elders . A "continuum of care" model means that elders at any point on the continuum of life can access services right here in the community. For instance, a vital, active elder who is recovering from a hospitalization can rely on the Emergency Meal Program, and/or a volunteer to provide rides to the doctor. When fully recovered, that same elder may choose to help a frail or homebound elder with groceries or other chores. It's a new twist on the traditional ways of neighbors helping neighbors.

It seems that Japan is experiencing major societal changes which directly effect the long-term care of elders. A number of social factors including demographic shifts, rising housing costs, and smaller family units are making the care of elderly parents more and more difficult. It is projected that by the 21st century the enormous population of elders will require an extensive long-care system not yet in place. Our visionary visitor believes that innovative programs like ours may be the answer.

Tsuneji (as he asked to be called) was particularly incredulous that people of all ages and cultures would actually come together to care for elders. He saw and heard strong evidence of the diversity we enjoy upon entering the before-lunch world of the Bernal Heights Senior Program. Spanish, Tagalog and English bubbled in the air; a small group sang songs to the soft strings of a guitar in one corner; and pokeno was in full swing by the garden. He laughed with appreciation at the din he was experiencing, for it satisfied his curiosity about our multicultural, intergenerational community life.

As the three hour visit was nearing a close, Professor Masako, with the benefit of a translator, said "your values are very much like ours in Japan. We also believe in an informal approach which builds trust in its own time. Like you, we prefer face to face neighborly visits to business-like government aid ".

We were given a priceless gift in the visit of the esteemed educator, for he reminded us of the universal quality of care and genuine concern for elders. He also gave us a chance to take a fresh look at our own culture. Who knows how this brush of serendipity will color what's to come for our new neighbors in Japan?

# Flu shots recommended for older adults

Each winter, millions of people suffer from the unpleasant effects of influenza or the "flu." For most, a few days in bed, rest, and plenty to drink will be the best treatment. For older people, however, the flu can be life threatening.

By lowering a person's resistance, a flu may allow more serious infections to occur, especially pneumonia. Those with chronic diseases including heart or kidney disease, asthma, and diabetes are at the greatest risk of developing secondary infections. The most serious of these is pneumonia, one of the five leading causes of death among people over 65.

Many doctors therefore recommend that their older patients get a flu shot in the early fall before flu season. Since flu viruses change constantly and unpredictably, this year's virus is usually different from last year's. Therefore, in order to be effective, a flu shot should be obtained every year.

Bernal Heights Senior Services will assist elders who wish to obtain the flu shot by coordinating van rides from the Neighborhood Center at 515 Cortland Avenue to and from Department of Public Health Center #3 on Tuesday, November 8 at 10:00 a.m. To sign up for this outing for flu shots, call Bernal Heights Senior Services at 206-2142.

# Seniors!

*BHNC Board Member and senior, Bebe Castaing and Senior Program members Miriam Murphy and Julia Riddell pitch in sorting second hand clothing at the Neighborhood Center.*

## Hillwide Garage Sale a huge success!

On August 13, thirty-five neighbors brought out their dusty knick-knacks, outgrown toys, old clothes, dog-earred novels and surplus tools for the Bernal Heights Hillwide Garage Sale.

All over the Hill, bargain shoppers came armed with their carts and bags ready to go. "This is such a good idea! It's fun and its great to go around the neighborhood," remarked shopper Suzanna Schuchholz, "It's like treat or treating!"

David at Cooperativa Teodosia was one of the merchants participating in the sale. "There's been a lot of people on Cortland today, more than your average Saturday. It's nice to see people from other neighborhoods visit us, too."

Twenty-two generous neighbors brought dozens of boxes of donations to the Neighborhood Center to help the seniors raise money. Guitars, coffeemakers, dishes, records, running shoes, toys and lamps filled the center.

Several caring neighbors dedicated a percentage of their proceeds to Senior Services. A total of $1,850 was raised from the event' and will directly benefit Bernal Heights Senior Services.

# Free holiday portraits for seniors

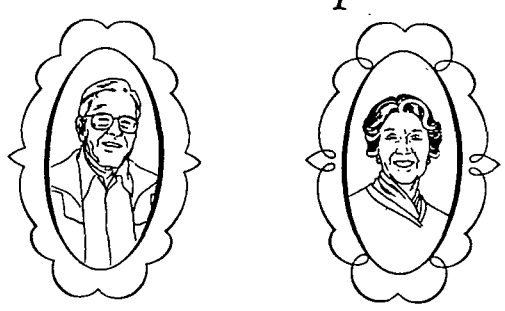
Seniors, would you like to give a portrait of yourself to your friends or family this holiday season? Sign up for the Senior Portrait Day at the Bernal Heights Neighborhood Center on Monday, November 14, from 1:00 to 5:00.

We will have a photographer at the Center to take your color portrait. A hair stylist and makeup consultant will also be available before scheduled portrait sessions for those seniors who may be interested. Refreshments will be provided throughout the event.

This free gift to Bernal seniors is being planned by students from the University of San Francisco. They are organizing community members who will be donating their services for this special event.

Join us for a fun day! Bernal seniors, both male and female are welcome to participate. Space is limited and an appointment must be made by calling Bernal Heights Senior Services, Vicki Victoria, 206-2145, to participate in this senior event.

*FREE HOLIDAY PORTRAITS*
*for Seniors*
*Monday, November 14*
*1:00 to 5:00 p.m.*



*Join us on Monday, November 14 at the Bernal Heights Neighborhood Center and have your 4x6 color portrait taken for FREE!*

- *Great gift for the holidays*
- *Photographer on site*
- *Hairstylist and make-up consultants available*
- *Refreshments will be served throughout the session*

*Contact the Bernal Heights Neighborhood Center to schedule an appointment. Call 206-2145.*

*For more information call: Vicki Victoria at 206-2145.*

CHAMPAGNE BINGO
& Christmas Boutique

Sponsored by: St. Kevin's Women's Guild

SUNDAY
NOV. 6, 1994
2:00 PM

GOOD FOR 14 GAMES
7 CARDS
$30 PER GAME
PAYOUT
$2.50 GOOD NEIGHBORS
$10.00 includes:
Bingo • Champagne
Sandwiches • Beverages
Homemade Cakes • Popcorn
DOORS OPEN AT NOON
Two halls Open! Food & Refreshments will be served starting at 1:00 p.m.

SUPER GROCERY RAFFLE! BINGO IN TWO HALLS!

ST. KEVIN'S PARISH HALL
ELLSWORTH STREET • OFF CORTLAND AVENUE
SAN FRANCISCO • (415) 648-5751

James Gleeson, a Bernal artist and teacher, paints the people of San Francisco, its hidden gardens and beautiful Victorians. Many of the paintings in his new garden series are painted from his well tended garden which surrounds his home and studio at 148 Precita Avenue.

Detail from "English Triptych," acrylic on canvas. Textiles Tapestries and Paintings by Pauline Crowther Scott, 401 Prentiss Street.

# Bernal Artists' Open Studios

**Continued from page 1...**

public on the weekend of October 15 and 16, from 11:00 a.m. to 6:00 p.m.

Who are these artists and why do they create their art? Members of the Bernal Women's Artists Group (BWAG) participating in this year's Open Studios look forward to sharing their feelings and philosophies with their neighbors. These artists will show their work collectively at 255 Banks Street.

"I do art because it is something I've always done—it's a part of me," says painter Tama Blough, "It's as natural to me as eating or sleeping, and if I'm deprived of it, I feel unfulfilled."

Melinda Lightfoot, who also paints, says, "I do art to say things I couldn't express in words. It's also a way of discovering what I think and feel."

Clay artist Beverly Carey-Koenig says, "Art is a way to connect with my roots. I reach for images that were important to the earliest human beings, ones found on cave walls, incised in rock, and found in archaeological digs." Koenig says that these archetypal images give her a sense of human continuity in the "shifting sands of today's society."

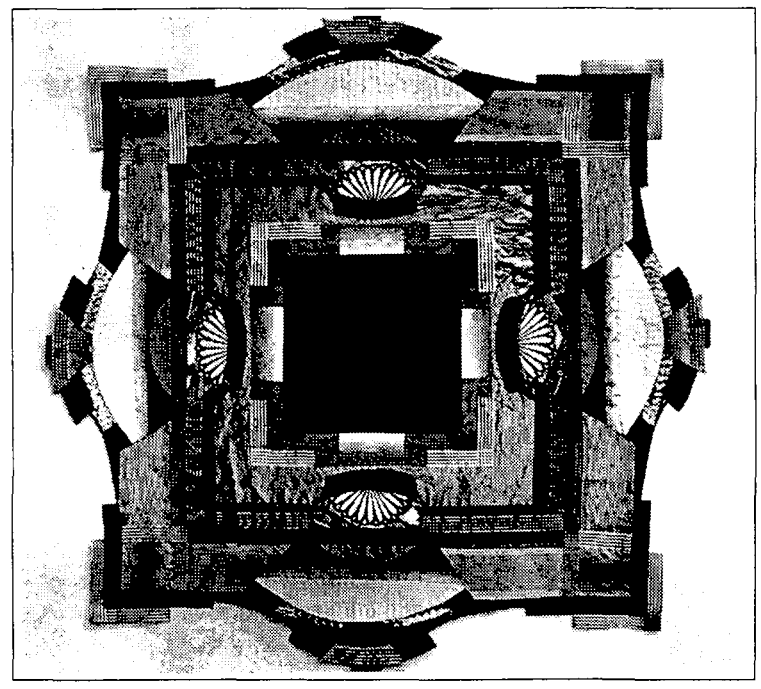
Several Bernal artists who live on the hill create their works in the Hunter's Point Studios, which will be open on October 29 and 30. Jess McVey is one of these artist who works in clay. After a divorce and retirement, McVey said that something drove her to do art. "Now it's my life," says McVey, "Through it I am able to reach unknown areas of myself; the world appears to me now as though through different eyes. My political views have a form of expression as well."

After surviving a childhood that he describes as a "nightmare," painter Michael Brady says that he sought refuge and reality in the beauty of nature. "That is where I learned to see and to feel the passion of existence."

Brady feels that people are trained to see with their assumptions and intellect and not with their eyes and heart. "So people never actually see what's in front of them," says Brady, "They only see what's inside their head." At his studio at 101 Prentiss, he hopes to present "certain facts of our existence" in a way that he hopes can not be mistaken for one's unconsciously inculcated assumptions of reality.

City-wide studio locations and a schedule of all of this year's events can be obtained at Open Studio's Directory Exhibition at the SOMAR Gallery at 934 Brannan. This central exhibition highlights one piece from each of the participating artists, in order to help studio visitors whittle down their choices.

Treat yourself to a new viewpoint, indulge in a stimulating conversation or purchase a one-of-a-kind original art work during this celebration of the arts. For more information about Open Studios, call Artspan at 861-9838.



Judith Luraschi Starbuck's "hand sewn paintings" can be seen at 302 Virginia Avenue. Meticulously sewn from silks, she starts from the center and working out to the edge, saying that every piece evolves from itself.

BB Smith stands in front of her acrylic on canvas entitled "S.F., Here I Come." In addition to welcoming neighbors to her studio at 368 Prentiss on Oct. 15 and 16, BB will also show at the Serta Building the following weekend on October 22 and 23 at 1777 Yosemite Street.

## 1994 Open Studios Bernal Heights

**October 15 & 16, 11:00 - 6:00**

**148 Precita Avenue:**
*James Gleeson, Painting*
**172 Precita Avenue:**
*Joy Lily, Painting*
*Chris Pagels, Computer Art*
**1405 Shotwell Street:**
*Karen Johnson, Printmaking*
*WSB, Furniture*
**27 Massasoit Street:**
*Lois Llewellyn, Photography*
**47 Costa Street:**
*Arthur Moura, Painting*
**40 Costa Street:**
*Charles M. Ware, Printmaking*
**101 Prentiss Street:**
*T. Michael Brady, Painting*
**255 Banks Street:**
*Tama Blough, Multi-Media*
*Beverly Carey-Koenig, Sculpture*
*Diana D. Corbin, Wearable Art*
*Lisa Gerick, Multi-Media*
*Melinda Lightfoot, Painting*
*Susan Maria Pena, Ceramics*
**3770 Folsom Street:**
*Jane Handel, Multi-Media*
**131 Gates Street:**
*William Guedet, Photography*
**827 Cortland Avenue:**
*Larry Morez, Painting*
**401 Prentiss Street:**
*Pauline Crowther Scott, Painting*
**368 Prentiss:**
*BB Smith, Painting*
**3435 Army Street:**
*L.J. Altvater, Computer*
*India Bonham, Printmaking*
*Cheryl Finfrock, Painting*
*Jerry Fresia, Painting*
*Philip Kaake, Multi-Media*
*Arthur Meader, Furniture*
*Linda H. Symonds, Printmaking*
*Celia T-T, Painting*
*Janna Waldinger, Photography*
*Robert Windle, Painting*
*Jerry Wynkoop, Photography*


CONFUSED ABOUT HOMEBUYING & FINANCING???

What can I afford to buy? Can I qualify for a loan?
What equity do I need to borrow against my house?
Is now a good time to buy or sell a home?

Come to our
FREE seminar at:
*Bernal Heights Public Library*
*500 Cortland Avenue*
***Wednesday, 7:00 p.m.***
***October 19, 1994***
*R.S.V.P.*

**CHARLES MORGANSTERN**
Vanguard Properties
(415) 864-7800

**JUNE L. DAVID**
Allsource Financial
(415) 583-1600

COOPERATIVA POPULAR
TEODOSIA
HANDMADE CRAFTS AND ART
*Come Visit Our Unique Gift Shop/Artists Co-Op, Showcasing Handmade Crafts And Artwork. We Feature The Work Of Both New As Well As Established Local Artists From A Wide Range Of Backgrounds And Cultures.*

HANDMADE CARDS, GIFTS, CANDLES, JEWELRY, ARTWORK, CERAMICS, CRAFTS, CHIMES, LEATHER MASKS, MIRRORS AND MUCH MORE.

430 A CORTLAND AVE.
642-9223
Monday - Friday 11 AM - 8 PM
Saturday & Sunday 11 AM - 7 PM

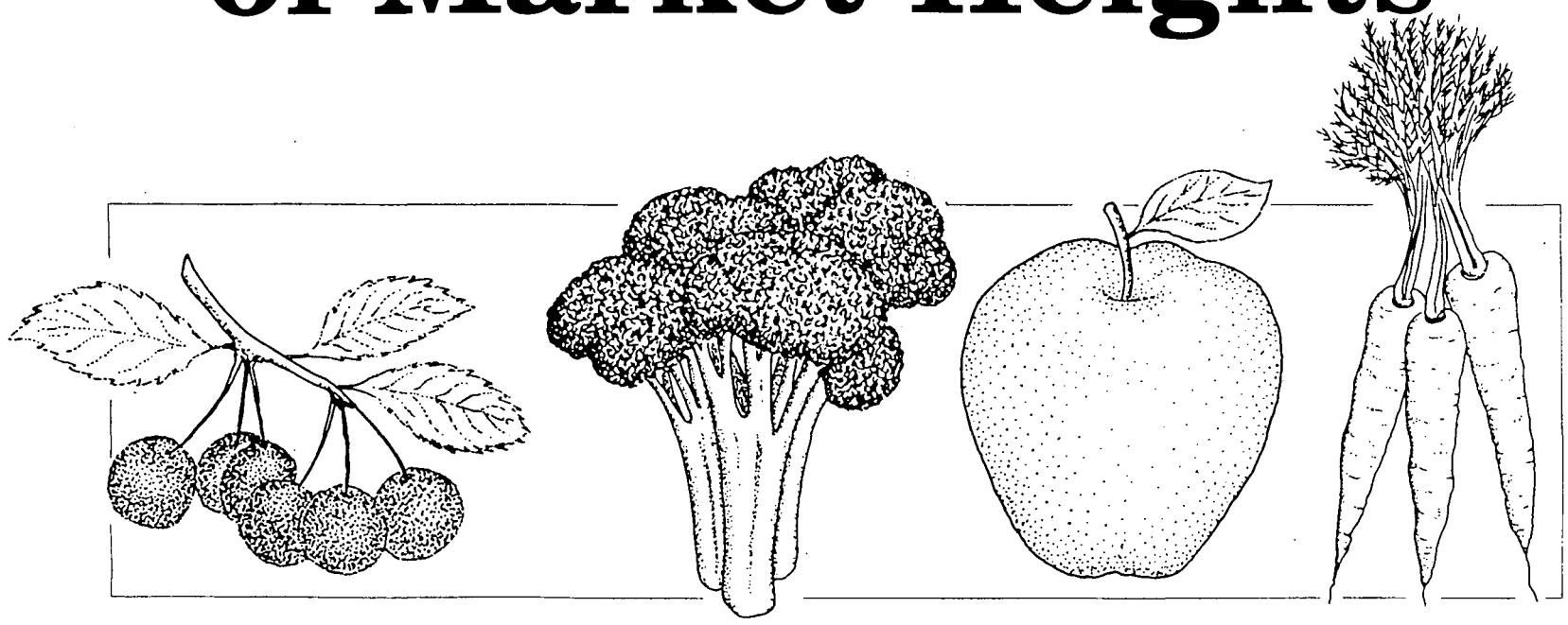
FREE AGUINALDO
*Just for Stopping By!*
*With this coupon • Coupons cannot be combined with any other offer • Expires 11/30/94*

$2 OFF
*Any Purchase of $10 or more*
*With this coupon • Coupons cannot be combined with any other offer • Expires 11/30/94*

$5 OFF
*Any Purchase of $25 or more*
*With this coupon • Coupons cannot be combined with any other offer • Expires 11/30/94*

To Advertise in the New Bernal Journal call 206-2144

# The Farmers' Market Will Remain Open During the Construction of Market Heights



The Alemany Farmers' Market at 100 Alemany Boulevard off Highway 280, will remain open and undisturbed during the construction of Market Heights, an affordable family housing development on the hillsides behind the market. We appreciate your cooperation and continued patrongage as we build needed housing for working families.

For years, neighbors have enjoyed this selling stalls full of farm fresh produce and goods on Saturdays at Farmers' Market. Construction of Market Heights will in no way interrupt the Saturday market days. No construction will take place on Saturdays and all construction equipment will be located away from the market's parking spaces on the weekend.

BHHC
Bernal Heights Housing Corporation

## Come and shop at Farmers' Market this and every Saturday!

This notice was paid for by the Bernal Heights Housing Corporation, a non-profit community based agency working with the community of Bernal Heights to build and rehabilitate affordable housing.

*For more information about the Bernal Heights Housing Corporation or the Market Heights project, please call Stephen Dunn at (415) 206-2140.*

# Bernal Hilltop Natural History

## Coyote Brush

*By Barbara Pitschel*

*Baccharis pilularis*

Because spring comes so early to our coastal grasslands, beginning in February or even earlier, our plants also experience an early dormant season during the hot, dry months of late summer and autumn. The few plants that we do see in bloom during these months are often members of the sunflower or daisy family (Compositae or Asteraceae). Bernal Hilltop is a grassland with no native trees and very few native shrubs. One of these shrubs is a composite that blooms during this late dormant season.

*Baccharis pilularis*, which blooms between August and December, is sometimes known by the common names "coyote brush" and "chaparral broom." In early days, it was also referred to as "groundsel tree" and "fuzzy wuzzy."

*Baccharis* is quite variable, with plants ranging in height from one to four or more feet. The species, which is prostrate, and the erect variety *consanguinea* readily hybridize, so that in many populations the two forms are mixed in completely integrated stands.

The small, shiny, green, holly-shaped leaves are resinous and aromatic in warm weather. Male and female flowers are borne on different plants. Male plants bear inconspicuous heads of creamy disk flowers. Female plants have numerous, small, compact flower heads of white (no yellow) disk flowers without rays, which turn to fuzzy cotton balls as the flowers age. Masses of wind-sown, white-tufted fruits carry their dandelion-like seeds on the wind.

*Baccharis* is a common shrub, which sometimes functions as an invasive native weed on cleared land or overgrazed fields, but it is not at all invasive on Bernal. Bernal plants are sparsely scattered on most areas of the hilltop.

The plant was first recorded when it was collected by Chamisso in 1816, but records don't indicate whether he collected the species or the variety. *Baccharis pilularis* is endemic to California, but other species of *Baccharis* range from here to South America.

Coyote brush offers the assets of drought-tolerence, low flammability, and erosion control.

Take a close look at this shrub, as well as Bernal's other autumn flora and fauna, at restoration work parties at 11:00 a.m. on the third Sunday of each month. Call me at 282-5066 for details.

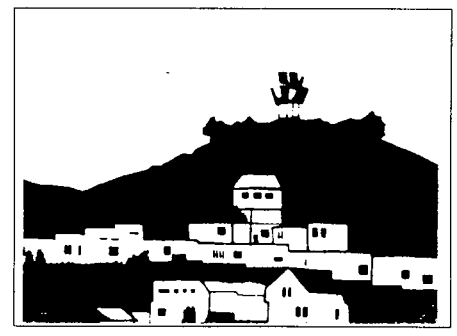
# Geographical History of the Hill

*By Ed Roper*

**Ellert Street.** Levi Richard **Ellert** was the City's first native-born mayor, born in 1857. He established the druggist firm, L.R. Ellert & Co. at the corner of Kearny and California Streets. He became mayor in 1892 after serving one term one the Board of Supervisors. After one term, he was succeeded by Adolph Sutro.

**Stoneman Street.** George S. **Stoneman** was a West Point grad who became a general in the Civil War. In Texas during February, 1861, Stoneman refused a superior officer's order to surrender to the Texas authorities and instead evacuated with part of his command, sailing north to continue fighting. He became governer of California in 1883.

**Ogden Street.** Peter Skene **Ogden** was a Canadian fur trader who trapped and explored throughout the west in the early 1800's. At Fort Vancouver, which is now Vancouver, Washington, he was the Chief Factor for H.B. Co. His participation in backing the losing side in a Mexican power struggle, together with his shame over being discovered by his wife in his affair with a senorita, led to him to becoming the town's first suicide. His remains were recognized through the glass window in his coffin when it was uncovered years later when a water line was being laid in Portsmouth Square.



**Bocana Street.** What we now call Drake's Bay was originally named "La Bahia de San Francisco" by a Manilla galleon captain whose ship was blown aground and wrecked in 1595. This was the same beach that Drake landed on 16 years before. The name "La Bahia de San Francisco" was used in a navigation handbook in 1734. Two different land expeditions failed to reach La Bahia de San Francisco in Marin County because they first came to what is today San Pablo Bay, which they named "Bocana de la Bahia de San Francisco" in error. "Bocana" is the Spanish word for "mouth." For about 40 years, this error continued to be made, until 1776 when the "San Carlos" sailed into the bay. In 1909, our Bernal street was named "Bocana," at the recommendation of a street name commissioner who believed in using as many historical Spanish names as possible.

**Cortland Avenue.** I haven't been able to find out about this one other than on maps prior to 1909, when it was spelled "Courtland." If you hang your head while strolling the hill, you might come across a sewer vent cover with the address "400 Courtland" on it. There is one such cover on the south side of the 300 block of Cortland.

**Park Street** is so named because it skirts Holly Park. No big deal, but I bring it up because Junipero Serra School is on Park Street and Serra was born on the island of Mallorca, as were 13 other missionaries who came to California. This group included Fr. Francisco Palou who, along with Fr. Pedro Cambon, built Mission Dolores and also have city streets named after them, too. I also met my wife on Mallorca 38 years before today.

Prior to the building of the **Army Street** interchange, there was a pair of streets which were wiped out when the extreme northeast corner of the Hill was dug away. These were "Adam" and "Eve" Streets. I have heard that there are some "Eve Street" steps, but I've yet to climb them.

If you are interested in learning more about the Hill's and the City's walks, I can enthusiastically recommend "Stairways and Walks of San Francisco" by Adah Balinsky. This book has two chapters on Bernal Heights's west and east slopes, where many of the stairway steps have been made by residents using brick, cobblestone and railroad ties. The book is very well researched and I believe our local library has a copy.


ROCK AND ROSE LANDSCAPING

Planting
Irrigation
Carpentry
Stonework

Design
Installation
Maintenance
Consultation

Garden Craftsmanship

DREAM A LITTLE DREAM...

A COLORFUL GARDEN
A CHILD'S GARDEN
A ROOFTOP GARDEN
A SHADE GARDEN
A CUT-FLOWER GARDEN
AN EDIBLE GARDEN
AN HERB GARDEN
A FRAGRANT GARDEN
A ROCK GARDEN
A WATER-WISE GARDEN

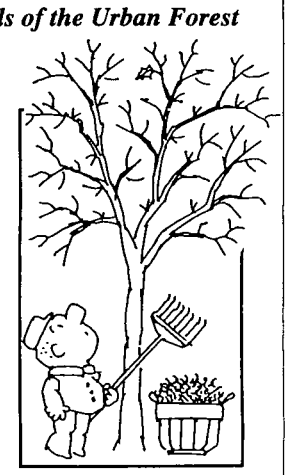
FOR THE GARDEN OF YOUR DREAMS, CALL:
824-3458

Mike Boss, Botanist, Contr. Lic. #562817
1615 Cortland Avenue, SF, CA 94110


# Gardening on the Hill

## Flower in Tree Basins

*By Mel Johnson, Friends of the Urban Forest*



Now that fall is upon us, it's a good time for an end-of-the summer clean-up, and it's especially a good time to assess what else is planted in your tree sidewalk basin besides your tree.

Many people over the years have planted various herbs and flowers under their trees to make them look more attractive or ad more green to the cityscape. Unfortunately, many of the favorite plant choices are deep-rooted species such as ivy, rosemary, mirror plant and sages. These plants directly compete with trees for water and nutrients.

This is a good time to pull up any of these invasive plants that might be in your tree well, and replace them instead with shallow-rooted annuals such as lobelia, primrose, marigold or calendula, all of which will add color without hurting your trees.

On another note: don't forget to water your trees as we move into winter. If the rains don't come, the trees will still need to be watered deeply.

Enjoy the beautiful fall weather and fall colors!

# Bernal Heights Neighborhood Center

## Oct. & Nov. Board & Committee Meetings

**Fundraising Committee**
Mondays, 10/17, 11/9, 6:00 p.m.
**Children, Youth & Families Coalition**
Tuesday, 10/18, 11/15, 7:00 p.m.
**Youth Committee**
Thursday, 10/13, 11/10, 5:30 p.m.
**Outreach Committee**
Tuesday, 11/1, 7:00 p.m.
**Senior Committee**
Monday, 11/7, 12/5, 4:00p.m.
**BHNC Board Meeting**
Monday, Nov. 21, 7:00 - 9:00 p.m.

*All meetings held at the Bernal Heights Neighborhood Center, 515 CortlandAve. Call 206-2140 for more information.*

## Crosstown Tunnel -

**Continued from page 1...**

Citizens working on the issue, however, still need to remain vigilant. Although we have created positive steps towards progress and have somewhat advanced the City's perspective on what could and should be done, continued public pressure is still needed to convert present short term gains into significant long term changes in policies. We need to formalize these good intentions in order to legally and substantively impact the situation

**Resolution NOW...**
**How you can help**

1. The Committee for Real Wastewater Solutions is trying to get the Board of Supervisors to pass a resolution to urge the Regional Water Board to grant an exemption to allow more time for a thorough study of additional alternatives. Call the Regional Water Board, (510) 286-1255, and urge them to put this item, File No. 2316.6010(JYL) with reference to CDO 91-153, on their next agenda and approve it.

2. Join our Committee to work towards ensuring that the alternative study happens correctly, that alternative experts get meaningful contracts, that these alternatives are legally integrated into the EIR and that the impacts and the new alternatives get a full hearing.

3. Call the Board of Supervisors, 554-5184, and tell them that you want to see the items mentioned above to happen. Supervisors Sue Bierman and Carole Migden are in the process of co-sponsoring a resolution. Supervisors Migden, Kevin Shelley and Anne-Mare Conroy all expressed strong opposition to the Crosstown Tunnel. Supervisor Susan Leal has told the DPW that she wants to see the deficiencies in the EIR corrected. These supervisors should be called and thanked for their support. All others should be called and encouraged to support the resolutions.

4. Residents of Bayview Hunter's Point have been saddled with noxious odors from the Southeast Treatment Plant, the City's current sewage treatment center. Urge the Board to ask DPW for a full study of the problems at the Bayview Plant and recommend real solutions. The Committee is recommending that everyone vote for Proposition D, which will sell bonds to raise money to repair dilapidated sewer pipes in the city and fix some of the problems at the Bayview Plant.

The "Committee Against..." becomes the "Committee For..."

To reflect this new shift in focus, the Committee Against the Crosstown Tunnel will primarily be identified through its other group of interests, "The Committee for Real Waster Solutions." In pushing for more environmentally sound alternatives, this group has formed a loose network of environmental groups and citizen groups who are concerned about the impacts of wasterwater policies. Call Jeff Marmer to get involved, 285-2429.


LIVE & SILENT
AUCTION
**AT FIESTA ON THE HILL**
**SAT. OCTOBER 22 • BERNAL PLAYGROUND**
GEMS • DINNERS FOR 2 • ENTERTAINMENT PACKAGES
GIFT BASKETS • FIGURINES • TEDDY BEARS & MORE!
CALL 206-2145 FOR FLYER LISTING AUCTION ITEMS

*For Board of Education*
**Mauricio VELA**
*The Community's Choice*

For the past eight years, Mauricio has successfully addressed our children, youth and community problems.

Now, he is ready to tackle the tough issues facing our students and schools.

On November 8th, join parents and teachers in supporting Mauricio's candidacy for the Board of Education.

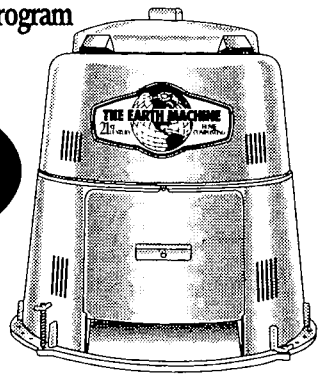
*For Board of Education*
**Mauricio VELA**
*The Community's Choice*

**Paid for by the Committee to Elect Mauricio Vela for Board of Education**
340 Townsend, Suite 416, San Francisco, CA 94107 • (415) 550-6487
Patricia K. Fasano, Treasurer, ID# 941833

HOME COMPOSTING
*Recycle the Natural Way*
Compost your grass, leaves
and kitchen scraps into rich soil for your house plants or garden

**One Day Only** *(Rain or shine)*
**Backyard Composter Sale**
**Saturday October 15th, 9am-3pm**
Sponsored by the San Francisco Recycling Program

ONLY $28.50* Tax included $99 retail value
while supplies last

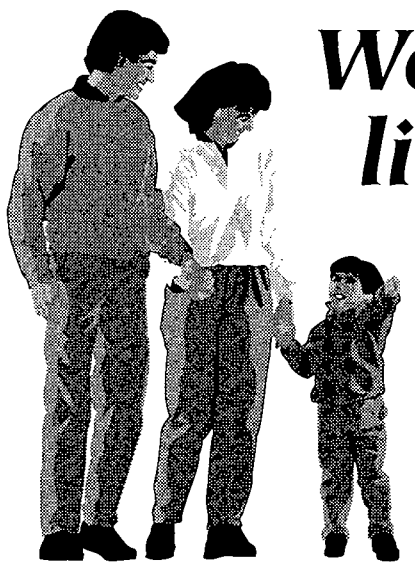

Check with ID or cash - No credit cards
*Offer for San Francisco residents with valid I.D.
Only one per household

**THE EARTH MACHINE**

- *Convenient ,"no turning required"*
- *Easy, snap-together assembly*
- *Enclosed design, locking lid*
- *Easy harvesting through sliding door*
- *Light & easy to carry-fits into any car*
- *Big enough for a family of five*
- *Ten-year warranty*
- *200,000 now in use*
- *Includes FREE 96 page composting book*

San Francisco RECYCLING PROGRAM
SAN FRANCISCO LEAGUE OF URBAN GARDENERS
**7th and Lawton in the Sunset District**
( Across from the Garden For The Environment)
Bins must be picked up at sale

**ST. LUKE'S NEIGHBORHOOD CLINIC**


***We treat you like family***

*Low Cost Medical Care*
- Medical clinic for children and adults
- Low cost sliding fee scale for patients with no health insurance
- Medi-Cal and Medicare welcome

*Special Services for Women*
- Offering a full range of health services for women
- Free pregnancy testing
- Free pregnancy education classes for Medi-Cal patients
- Free referrals to private doctors at St. Luke's

*Helping with Medi-Cal*
If you are a patient at the Neighborhood Clinic, we can help you get Medi-Cal benefits.

*Call Today for an Appointment*
Same day appointments may be available. Most appointments within one week of calling.

**Call (415) 641-6500 to make an appointment**
*Se Habla Español*

**New COPPS.** Officers Ed Collins and Oscar Carcelen (pictured) have been assigned to Bernal as part of the new Community Oriented Policing Program (COPPS), replacing the Community Police Officer Program. "Not enough arrests were being made with CPOP," says Officer Collins, who will patrol the west side of Mission Street in Bernal. His partner, Officer Carcelen, will walk the beat east of Mission, including Cortland and Precita Avenues. "We want to do more solid police work and make more arrests for the safety of the community."

Officer Jerry Neitz, who replaced the promoted Howard Weathersby, will also walk the beat in Bernal. Officers encourage neighbors to contact them regarding ongoing neighborhood problems by calling, 553-1603.

# Demystifying auto repairs by doing it yourself

*Janet Roshek, S.F. Auto's Assistant Service Manager and owner Jerry Lewis help folks to demystify auto repairs by teaching them how to to it themselves.*

When your car sputters, moans or just plain refuses to start, images of huge repair bills often dance around in your mind. But if you knew how to fix that water pump or had the right tools to replace your wheel cylinders, you'd probably save a bundle.

This is where Jerry Lewis comes in. No, not the comedian asking for money on your tube every Labor Day, but the guy who runs San Francisco Auto Repair. By combining auto repair classes and the opportunity for students to work on their own cars, Lewis helps to demystify auto repair for the average guy or gal.

"I think we're the only place in the Bay Area, and perhaps Northern California, where a customer can actually work on their own car," says Lewis of his unique service.

Carlos Garcia, a Bernal resident and mechanic at the shop, enjoys this more "relaxed" atmosphere. "It's fun to get to know people and help them out this way," says Garcia, "And if they run into a problem working on their own cars, we're right there to help solve the problem."

"Our mechanics don't mind if customers watch or even help out," says Lewis. He feels that this unrestricted interaction helps customers to understand their own vehicles. "We put a lot of effort into clearly explaining repairs and take time to show people how things work," says Lewis, "We want the customer to feel comfortable and not intimidated."

In 1970, Lewis dropped out of law school and realized that he had to make a living doing something. Although he had tinkered in mechanics as a hobby only, he eventually found a job on the East Coast teaching auto mechanics. He later headed out to San Francisco and rented a dilapidated garage and backyard to do auto repairs.

He soon found that his customers were eager to learn more on their own. "I'm a competent mechanic," says Lewis, "But I'm one of very few who can actually explain mechanics to customers in laymen's terms." Soon he began teaching auto repair classes at his garage to help "demystify" auto repairs for his customers.

By 1978, his business grew too big for a backyard operation and he then found a space at 611 Florida where the shop continues to be active seven days a week. Lewis's repair classes combine lectures and hands-on work that helps the non-mechanic learn how to do a variety of repairs from brake jobs to electrical system problems. The confidence that his students develop from these classes is reflected in the number who tackle repairs themselves. Over 50 percent of his students go on to work on their own cars at the shop. "The other 50 percent just simply want to understand their cars," says Lewis.

The shop's staff also share in Lewis' philosophy of demystifying auto repair. Janet Roshek, S.F. Auto's Assistant Service Manager remembers why she decided to become a mechanic. "I was sick of getting ripped off, so I went to school when I was 32 years old to learn," says Roshek. "I've been under a hood for 13 years now."

When she's not acting as second in command, Roshek says that she enjoys going to the Wild Side West Bar on Cortland Avenue. "A lot of our staff go to the Wild Side," says Roshek, "It's a great neighborhood bar—one of the last places a gay woman can go."

The Wild Side's owners, Nancy White and Pat Ramsyer, are also a couple of the many Bernal Heights customers at S.F. Auto. "I've had a Volkswagen Bug that's been with me for over 30 years," says White, "I can't just take it anywhere —it has to go to a place that's special. I've got a truck, too. They do good work and are very nice, even giving you a lift or a loaner car if you need it." ***- By Vicki Victoria***

Theraputic Massage
Stress Reduction

*Have TableWill Travel*

James Rich
*Certified Massage Therapist*

(415) 282-1544
Page 202-9306

BERNAL HEIGHTS RESIDENT SINCE 1974
Jeannine R. Reininger, Associate
(Res.) (415) 285-9186

601 Van Ness Ave. E-3101
San Francisco, CA 94102

999C Edgewater Bl., Ste. #109
Foster City, CA 94404

AMBER REALTY

Office Phone (415) 571-0399

# Bernal Library News

*By Valetín Porras*

**Thanks for Voting for Your Libraries!**

Thanks to all of you who voted for and those who worked for Proposition E. You can now see the results of your support and hard work with all the new books that are coming in for children and adults. You can recognize those books purchased with Proposition E money by the yellow strips inside of them.

**Our Video and Computer Resources are Growing**

In addition to our PBS series videos, we are happy to announce our new collection of children's and Spanish language videos. Donations of videos are always welcome. And thanks to the Friends of the Bernal Library, we now have an IBM compatible computer and printer for public use. Friends of the Bernal Library meets on the first Wednesday of the odd numbered months at 7:00 p.m.

**Bike to the Library**

Now getting to your Bernal Branch Library on bicycle is even easier with our new bike rack. The bike rack is located on the Andover side of the library, near the entrance of the Bernal Playground.

**Free Dance Performance for Children of all Ages**

Don't miss a colorful, festive performance by Grupo Folklorico de San Francisco as they bring us the traditional folk dances of Mexico on Saturday, October 22 at 2:00 p.m.

**Family Film Night**

Join us on Wednesday, October 19 at 7:15 p.m. for a free showing of "Tender Tale of Cinderella Penguin," "Butterfly Ball," and more!

Book Discussion Group

Othello by Shakespeare will be discussed by the group on Thursday, October 27 at 4:00 p.m.

**Children & Youth Activities**

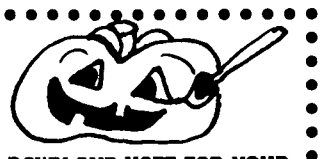
• Storytime for children ages 2 and older takes place on Saturdays in October at 2:00 p.m. Call us for specific dates.

• Preschool films for children ages 3-5 are shown at 10:30 & 11:15 a.m. and 1:30 p.m. on Tuesday, October 18: "Georgie," "Where the Wild Things Are," and "Strega Nonna."

• Our Chess Club continues to meet every Friday at 4:00 p.m. Beginners to advanced players are all welcome. We can still use a donation of a few good chess sets!

*For questions and more information, please call us at the Bernal Library, 695-5160 or come on by and see what's new at 500 Cortland Avenue.*

NICCO'S CAFE
**PAINTED PUMPKIN CONTEST!**



PAINT YOUR HALLOWEEN PUMPKIN & BRING IT TO NICCO'S CAFE! COME ON DOWN AND VOTE FOR YOUR FAVORITE ENTRY! WINNER WILL RECEIVE A JUST DESSERTS CHOCOLATE CAKE!
FOR MORE INFO, COME TO NICCO'S AT 634 CORTLAND AVENUE

# Bernal Calendar

## Local & State Initatives Discussion

Wednesday, October 12, 7:00 - 9:00 p.m. The Bernal Heights Democratic Club invites neighbors to an open discussion about the upcoming propositions in this November's election. Bring your voter handbooks. Refreshments served and voter registration cards will be available. Neighborhood Center, 515 Cortland Avenue.

## 3rd Annual Bocana Street Garage & Craft Sale

Saturday, October 15, 10:00 a.m. - 4:00 p.m. If you want to go to a great garage sale, don't miss this one! Three blocks long and three years old, neighbors participating in this huge annual sale donate some of their proceeds to benefit community services in Bernal Heights, such as the Bernal Library. Bocana Street off Cortland Avenue. For more information, call 821-1765.

## Open Studios on Bernal Heights

Saturday & Sunday, October 15 & 16, 11:00 a.m. - 6:00 p.m. Bernal artists welcome you into their studios and homes for an intimate look at their works and working environment. Part of an annual exhibition involving over 700 artists city-wide. Admission free, various locations. For maps and events information. call Artspan, 861-9838.

## Cortland Sidewalk Sale

Saturday, October 22. Cortland Merchants invite you find some great bargains at their sidewalk sale. Stroll the avenue and discover the wonderful neighborhood restaurants, cafes, bars, shops and services. Sponsored by the Cortland Merchants Association. For more information call 648-1380.

## Fiesta on the Hill

Saturday, October 22, 10:00 a.m. - 6:00 p.m. The Latin sounds of Los Compas highlight Bernal's annual outdoor festival. Food and crafts booths, children and youth activities, silent & live auctions, games, dunking booth and more. Admission free. At the Bernal Playground, Moultrie Street off Cortland Avenue. 206-2140.

## Champagne Bingo & Boutique

Sunday, November 6, 2:00 p.m. Enjoy a special Sunday afternoon Champagne Bingo and Christmas Boutique, sponsored by the St. Kevin's Women's Guild. Win $30.00 each game! Tickets are $10 each and good for 7 cards, 14 games and includes champagne, delicious sandwiches, cakes, popcorn and beverages. Doors open at noon. St. Kevin's Old Hall, Ellsworth Street off Cortland Avenue. Call 648-5751.

## Reno Group Trip

Friday & Saturday, November 11. The Bernal Seniors invite you to enjoy an over night Reno Trip. Only $38.00 includes double occupancy accomodation at the Sundowner, roundtrip delux bus, refreshments and four casino visits paying out a total $26+ casino cash refund. Call Mary at the Bernal Seniors, 206-2142.

# Christmas in April returns to Bernal

Low income homeowners in Bernal Heights can receive home repairs and renovations free through the Christmas in April Program. Applications for the work day on April 29, 1995 are now being accepted.

Only a few neighborhoods in the city are selected by Christmas in April, which has provided free work for 156 low-income, elderly and disabled homeowners. By utilizing community skilled and unskilled volunteers and corporate sponsorship for materials and equipment, work is completed in one day. Many seniors in Bernal Heights have received free installation of grab bars and handrails, minor electrical and plumbing upgrades, repairs to unsafe stairs, clearing out of trash and painting from this unique non-profit service.

Applications are due on November 1 and are also available in Spanish by calling Christmas in April at 905-1611.

SHANTA
CARPENTRY
& CONSTRUCTION
Since 1974
THE TRADES GUILD
remodeling
kitchens / baths
elec. / plumbing
victorian restor
repair / dry rot
additions
Lic. No. 442870
foundation to finish
821 - 4091

## *Astro* Rap

*By Jessica Murray*

The astrological highlight of Autumn, 1994 is the group of planetary stations in October. Twists and turns on all levels—from the financial to the psychological—are apt to be especially dramatic the first week of the month.

Starting with Uranus (sudden change) on October 1st, no less than five planets shift direction in 4 weeks. Illusion is in the air October 2nd with Neptune, and key relationship issues click into a 1 1/2 month long review period starting October 12th, with Venus. Mercury goes retrograde October 9th through October 29th, during which time messages and communications (verbal, written or electronic) are likely to get fouled up unless checked and double checked.

And on October 23rd the sun enters Scorpio for a month. Delve into emotional secrets with all the courage you can muster.

For astrological consultations, call Jessica Murray, 626-7795.

San Francisco
Auto Repair
Center

FOREIGN AND DOMESTIC
AUTO REPAIRS

SAN FRANCISCO AUTO REPAIR CENTER
WINNER
1994
BAY GUARDIAN
BEST OF THE BAY AWARD

OPEN
7 DAYS
A WEEK

OFFICIAL
CALIFORNIA
SMOG
STATION

- Dependable work—Honest prices
- A Community-Oriented People's Garage
- Men & Women Mechanics
- Free Shuttle Service to BART & Downtown
- Basic Auto Repair Classes
- "Do-it-yourself" Membership Available

611 FLORIDA STREET (Near 18th St.) • S.F., CA 94110

285-8588

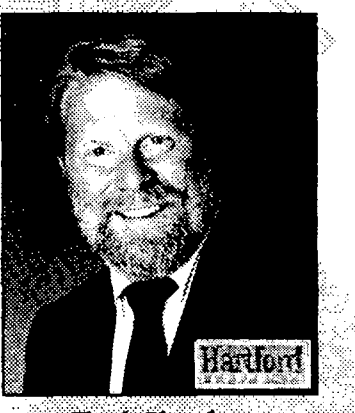
| $10 OFF SMOG INSPECTION | FREE BRAKE & SAFETY INSPECTION ($22 VALUE) | $10 OFF OIL CHANGE |
|---|---|---|

Call the
SHAGLEYS
for
REAL ESTATE

Your Bernal Heights Professional Realtor

14 YEARS OF REAL ESTATE EXPERIENCE

Caren Shagley
415/474-1845 x287



Earl Shagley
415/863-7500 x156

# JC SUPER

820 CORTLAND AVENUE, S.F.

*USE YOUR VISA, MASTERCARD OR ATM CARD*

We welcome ATM cards for purchases

New Store Hours!

Open 7 Days a Week, 7:00 am - 9:00 pm

**Groceries: 648-4656, Meat Department: 648-4657**

## GROCERIES

| | | |
|---|---|---|
| DOVE LIQUID DETERGENT 22 OZ **89¢** | BONNIE HUBBARD **JAM** STRAWBERRY, 32 OZ **$1.89** | BH CHILI CON CARNE WITH BEANS **$1.09** NO BEANS **$1.39** |
| DEL MONTE **CORN** WHOLE KERNEL, 17 OZ **59¢** | DEL MONTE **FRUIT COCKTAIL** REG. OR LITE, 17 OZ **89¢** | BERKELEY FARMS MILK GAL., HOMO OR VITA **$2.49** BUTTER 1# CUBED **99¢** |
| BH CELLO **BREAD** **2/$1.00** | TROPICAL COOLER **PUNCH** ALL FLAVORS,GAL. **$1.19** | **C & H SUGAR** 5# BAG **$1.79** |
| BUMBLE BEE **TUNA** OIL OR WATER, 6.5 OZ. **79¢** | MI RANCHO CORN TORTILLAS **5/$1.00** | TREETOP APPLE JUICE 64 OZ. **$1.49** |
| PURE-N-GENTLE BABY WIPES **$2.49** REFILLS **$2.19** | **JARRITOS** SODA DRINKS FROM MEXICO 2 LTR. ALL FLAVORS **$1.49** +CRV | LAURA SCHUDDERS POTATO CHIPS TWIN PACK **99¢** |
| MAIZORO CORN OR SUGAR FROSTED FLAKES **99¢** 10 OZ. | **FRISKIES CAT FOOD** BUFFET SIZE **3/$1.00** | OLSON LARGE EGGS 18 PACK **$1.13** 12 PACK **.79¢** |

## FOSTER FARMS MEATS

| | |
|---|---|
| **CHICKEN BREASTS** | **$2.39/LB** |
| **THIGHS & DRUMSTICKS** *PICNIC PACK* | **$1.29/LB** |
| **GROUND CHUCK** FAMILY PACK | **$1.29/LB** |
| NEW YORK STEAKS | $2.99/LB |
| SIRLOIN TIP STEAKS | $2.99/LB |
| PRIME RIB STEAK | $5.29/LB |
| MARKET STEAK | $4.99/LB |
| FILET MIGNON STEAKS | $6.99/LB |
| CHUCK STEAKS - BONE IN | $2.19/LB |
| PORK CHOPS - CENTER CUT | $2.89/LB |
| PORK BUTTS - BONELESS | $1.59/LB |
| PORK BUTTS - BONE IN | $1.39/LB |
| **PORK NECK BONES** | **49¢/LB** |
| **PIGS FEET** | **59¢/LB** |

## LIQUOR

| | |
|---|---|
| KORBEL BRANDY 750 ML | $6.99 |
| ROYAL GATE VODKA LITER | $6.29 |
| BRUGAL DOMINICAN RUM, LITER | $9.99 |
| GORDON VODKA LITER | $6.99 |
| BACARDI RUM LIGHT OR DARK, LITER | $11.69 |
| JIM BEAM BOURBON LITER | $9.99 |
| PRESIDENTE BRANDY LITER | $10.99 |
| **WHITE HORSE** SCOTCH 750 ML | **$9.98** |

## WINE

| | |
|---|---|
| *AUGUST SEBASTANI* PROPRIETORS COUNTRY 1.5 LT. | $6.49 |
| COUNTRY 1.5 LT. | $7.99 |
| ALMADEN WINES 1.5 LT. | $4.39 |

## BEER

**BUDWEISER** 12 OZ, 12 PK
$6.99 LESS $3.00 MAIL IN COUPON = **$3.99** +CRV

**PETE'S WICKED ALE OR LAGER**
12 OZ BOTTLES, 6 PK **$5.99** +CRV • 22 OZ **$1.99** +CRV

**MOOSEHEAD IMPORT BEER**
12 OZ BOTTLES, 6 PK **$5.99** +CRV

HAPPY HALLOWEEN!

WE HAVE HALLOWEEN **CANDY!**

CHECK OUT OUR SELECTION FOR OCT. 31!

## FRESH PRODUCE

| | |
|---|---|
| TOMATOES | 29¢/LB |
| POTATOES 10# BAG | 79¢ each |
| BANANAS | 3LB/$1.00 |
| ONIONS YELLOW | 10¢LB |
| LETTUCE | 39¢/each |
| LEMONS | 8/$1.00 |

FOOD STAMPS ALWAYS WELCOME

Play all the California Lottery Games

PRICES EFFECTIVE THROUGH 10/17/94

**MANY MORE SPECIALS THROUGHOUT STORE!**

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS